

Ready to start planning your care? Call us at [646-926-0945](tel:646-926-0945) to make an appointment.

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Memorial Sloan Kettering
Cancer Center

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Watch a massage therapist, a life coach, demonstrate how massage helps cancer patients.

[Video Details \(https://www.mskcc.org/videos/learn-how-massage-therapy-works\)](https://www.mskcc.org/videos/learn-how-massage-therapy-works)

VIDEO | 05:50

Watch nurse and clinical fitness specialist, Donna Wilson, explain and demonstrate how exercise benefits cancer patients.

[Video Details \(https://www.mskcc.org/videos/learn-how-exercise-can-help-cancer-patients\)](https://www.mskcc.org/videos/learn-how-exercise-can-help-cancer-patients)

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▪ [Individual Therapies](#)

The Integrative Medicine Service offers touch therapies, mind-body therapies, acupuncture, creative therapies, physical activity and fitness classes, and nutrition counseling.

▪ [Mind-Body Workshops](#)

Learn about MSK's numerous Integrative Medicine workshops for patients and caregivers.

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