

Ready to start planning your care? Call us at [800-525-2225](tel:800-525-2225) to make an appointment.

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Memorial Sloan Kettering
Cancer Center

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treatment.

Each program is tailored to a specific aspect of living well after cancer. These programs are sponsored by our [Resources for Life After Cancer program](#) and [CancerSmart](#) lecture series.

Many of the videos below can be viewed in [iTunes](#).

VIDEO | 28:00



[Exercise for Cancer Survivors](#)

Fitness expert Donna Wilson of Memorial Sloan Kettering explains the benefits of physical activity and demonstrates exercises for cancer survivors.

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