

Cancer Educational Wellness Series

Program supported by a grant from the Climb for Cancer Foundation.



*Derly Muñoz, PT, CLT,
MTC, CFC, ATRIC, IDN*

Derly Muñoz, is a passionate clinician serving patients diagnosed with cancer. She has extensive practice in manual therapy, which is effective in treating cancer-related side effects, including lymphedema, shoulder and neck conditions and pain. Derly has been influential in expanding the outpatient rehabilitation program for cancer patients and strives to provide the highest level of care throughout treatment. She has authored multiple articles and presents around the world on the benefits of rehabilitation for those undergoing cancer treatment.



*Shai Sewell, PT,
DPT, CLT*

Shai Sewell, is a primary physical therapist working with oncology patients at UF Health Shands Cancer Hospital. His passion lies in finding ways to make activity fun and exciting to better engage people throughout their cancer treatments and beyond. He has spoken on multiple platforms about the importance of exercise performed in tandem with cancer treatment. Shai's goal is to continue to inform clinicians and patients about how exercise can improve quality of life.

Exercise Prescription Guidelines and Cancer

Monday, June 27, 2022

1:30 to 2:30 p.m.

Free class series

This one-hour class will review how different kinds of exercise can benefit the physical and mental well-being of cancer patients — from initial diagnosis and beyond. The class will cover how exercise can improve quality of life and decrease the side effects of cancer treatments. Attendees will learn about research-based best practices on how to maintain a physically healthy lifestyle and ways to incorporate activity into a busy schedule.

This educational class is offered to cancer patients, family members and the community to promote health and quality of life. Classes are free and hosted online.

This month, the Cancer Educational Wellness Series presentation will be available ONLINE ONLY. Visit UFHealth.org/cancer-educational-wellness-series for more information and to join the class via Zoom.



Palliative Care

For more information, please contact Chris Morgan at 352.733.1233 or email at christopher.morgan@medicine.ufl.edu.