

# Lifespan vs. Healthspan

2026 Spring Series



with Kelly Ratheal, MD  
and Madhu Challapalli, MD

## RSVP

Email:

[rsvp@mckenna.org](mailto:rsvp@mckenna.org)

Call:

(830) 606-9500

Healthy snacks  
provided!

## Community Education Series

Jan. 20, 2026

Metabolic Health: You have the power

Feb. 24, 2026

Preventing chronic disease with diet

March 24, 2026

Cardiovascular Disease: Know your risk

April 14, 2026

Bone Health

May 19, 2026

Exercise and physical activity

June 16, 2026

Hormone replacement therapy and  
cardiovascular risk

## Learn more

[nbpreventiondocs.com](http://nbpreventiondocs.com)

**Classes from 6:00 to 7:30 pm**

McKenna Events Center  
801 W. San Antonio St., New Braunfels

Offered at no cost to participants, thanks to our sponsor:



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