The Lewisville Wire

Lewisville, Texas November 3, 2026

LOCAL EDITION

Lewisville Community Wellness Day Set for Nov. 7

Fit Appeal Studios lists a free, walk-in Community Wellness Day for noon to 4 p.m. Saturday, Nov. 7, at its Lewisville location. The announced program includes movement demonstrations, short educational talks and family-friendly activities; organizers say more lineup details are forthcoming.

By Nora Ellis



Lewisville residents looking for a low-cost way to explore local wellness resources can stop by Fit Appeal Studios' Community Wellness Day on Saturday, Nov. 7. The studio lists the event from noon to 4 p.m. at 817 S. Mill St., Suite 110, and says admission is free and walk-ins are welcome.

Fit Appeal describes the afternoon as a gathering of local wellness professionals, movement specialists and community businesses. The announced plans include short educational talks, movement demonstrations, nutrition and wellness resources, and family-friendly activities. That mix could give visitors a chance to learn about different approaches to movement and wellness in one setting, without a listed admission charge.

The event is upcoming, so the published program should be treated as a plan rather than a report of what has already taken place. Fit Appeal says additional participating businesses and presentation details will be announced as the lineup is finalized. The studio's event page is the place to check for updates before heading over: https://www.fit-appeal.com/events.html.

The Lewisville Area Chamber of Commerce also lists Community Wellness Day on its November 2026 community calendar. That listing independently confirms the event's place on the calendar, though the specific activities and participation details come from the studio's announcement. Fit Appeal's website identifies the Lewisville location and describes the studio as offering fitness, nutrition, mobility and community programming.

For neighbors curious about nearby wellness services, the event may offer a practical introduction to the people and programs taking part. The current announcement does not specify a full participant list or detailed schedule, so visitors should check the organizer's page for any changes or additions before making plans. The listed date, hours and address are Saturday, Nov. 7, noon to 4 p.m., at 817 S. Mill St., Suite 110, Lewisville. The studio says the event is free and walk-ins are welcome.

Event listing: https://www.fit-appeal.com/events.html. Community calendar: https://business.lewisvillechamber.org/events.