Healthy Day Healthy Life Announces Plans To Take Part In Small Business Saturday

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Healthy Day Healthy Life is a business dedicated to helping people set up lifetime habits for a healthier life. The business recently announced plans to take part in Small Business Saturday, an American shopping holiday held on the Saturday after Thanksgiving. This year's small business Saturday will be held on November 26.

Founder of Healthy Day Healthy Life, Kay says, "I feel that this is an excellent opportunity to help people turn their lives around. Everyone will be ready to save money and shop, and we'll be here to provide them with genuine information about getting and staying healthy and happy."

Healthy Day Healthy Life offers a free monthly newsletter on various topics of beauty, business, food, and overall wellness to subscribers to help them to learn different ways of making the most of their lives. Founder of Healthy Day Healthy Life, Kay, is a certified health coach and an associate for USANA Health Sciences. She states that her own journey to health is what led her to establish her business, and that she strives to share her story and wellness information with others. More on Kay and her business can be seen on her Facebook page at https://www.facebook.com/Kay.Healthy/.

"Your journey is important," Kay says. "My goal is to help you uncover important things that will make your journey one of ultimate health and happiness, and it will be my sincere pleasure to take part in Small Business Saturday and offer insights to those who will participate."

Millions of consumers throughout the United States are expected to spend money on Black Friday and Small Business Saturday. Over the years, these shopping days directly after Thanksgiving have grown to sales reaching billions of dollars per weekend with consumers gearing up and preparing for the upcoming Christmas season. Thanksgiving officially kicks off the Christmas shopping season and Healthy Day Healthy Life plans to be ready to offer those looking to improve their lives information on how to do so.

Kay states that those interested can visit the business online or like their Facebook page to receive updates

on the plans for the upcoming shopping event.

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