

Your Free Monthly Newsletter From Your Friendly Shredding Company
Helping You Stay Informed, Engaged & Protected

ALL POINTS
mobile shredding



ALL POINTS
medical waste



Your Free Monthly Shred & Med Waste News!

September 2020

Your Monthly News & Updates

As the leader in information management, destruction and medical waste disposal, we continue to set ourselves apart from the competition by offering our clients piece of mind combined with the very best service.

Visit Our
Website

Fall Special!

Mention Fall Special for 10% off a
Shredding Purge! *



For More Information See Below or Call Now:
772.222.3266

*Minimum of two bins. Work must be scheduled and performed in September.

No-Touch Friday Shred Events at All Points

We are currently not accepting drop off's due to COVID-10.



Instead, every Friday All Points Mobile Shredding is offering "No-Touch Shred Events" for people who are working from home or just finding themselves with time to clean out old documents &

hard drives.

When? Every Friday from 9:30-10:30am

Where? All Points Mobile Shredding, 505 SE Central Parkway, Stuart, Florida

What? All confidential documents, hard drives, and media

How Much? \$20/box (Cash only. Credit Cards for 5 or more boxes). \$25/hard drive if it's out of the tower. Extra \$10 to remove from the tower.

Important: Please place all your documents in your truck and remain in the car. Our Experts will do all the heavy lifting

Everything will be shred on-site!

**For More Information Call Now:
772.222.3266**

Congratulations to Makayla on Baby Gianna!



Congratulations to Makayla on the birth of Baby Gianna Marie who was born on August 6 weighing 7 pounds, 9 ounces, 20 ounces. Baby and mom and doing great!!

Congratulations to Jimmy on 10 Years with All Points!



Congratulations to our Shred Expert Jim Eagan on 10 years with All Points!

To thank him, All Points sent him for a weekend at the Hutchinson Shores in an oceanfront room!

Thank you for being a dedicated and loyal part of the All Points' Family Jimmy!

Surprising Benefits of Coffee & Tea

Here are the top 10 benefits of drinking coffee & tea, in moderation of course:

- May lower risk of Type 2 Diabetes
- Can help your body fight free radicals with antioxidants
- May help protect your brain from Parkinson's Disease
- Drinking 3-5 cups a day makes you less likely to have calcium build up in your vessels lowering chance of heart disease
- Drinking 3 more cups a day may lower odds of chronic liver disease, cirrhosis and liver cancer
- Because it can ease inflammation and help control blood sugar level, drinking black tea is linked to lower blood pressure making a stroke less likely
- May help protect against breast and prostate cancer and well as cancer of the ovaries and stomach due to the polyphenols in it
- Antioxidants in coffee and tea may help protect neurons, helping to prevent Alzheimer's Disease
- Lower calorie coffee and tea (not sugary ones) can help you to lose weight.



Source: Web MD

Top Ways to Make Sunday Your Most Productive Day!

While Sundays were definitely created to be a day of rest, they can also fuel productivity and success. Scott Mautz, author of "Find the Fire" and "Make It Matter" interviewed many successful CEO's about their weekend habits. Below is a summary of their Sunday behaviors.



- Set devices aside and unplug for most of the day. But, spend one hour cleaning out our inbox in your e-mail so you can start Monday with a clean slate for maximum productivity.
- Imagine the potential chaos of the upcoming week because despite great planning, fires seem to happen and unplanned emergencies arise. Decide what must be accomplished this week even in the chaos.
- Think of the things you are grateful for and decide to act on a few ways this week to show gratitude.
- Spend 90% of the day investing in the things that matter most (refueling, people you love and activities you enjoy) and then 10% of it getting excited for next week, including a pep talk and noting the most positive part of the week ahead.

Source: Inc

All Points Mobile Shredding & Medical Waste | 772.283.4152 | info@shredwithme.com | www.shredwithme.com

STAY CONNECTED:

