



April Newsletter

Your Free Monthly Shred & Med Waste News!

Visit our website



No-Touch Friday Shred Event at Peter's Hardware

Every Friday All Points Mobile Shredding is offering "No-Touch Shred Events" for your:

- Confidential Documents
- Hard Drives

EVERYTHING IS SHRED ON SITE!

FRIDAYS FROM 9:30AM-10:30AM

Peter's Hardware 975 SE Federal Hwy, Stuart, FL (Across from the McDonald's on Us-1)

\$20/ Box. \$25/hard drive. (CASH only. Credit Cards for 5 or more boxes)

April Special!

Refer a Client & Get \$50!



Refer a new monthly shredding or medical waste client and get a \$50 Visa gift card!

*Please e-mail or call us to let us know about the referral (min of monthly service with a 1 year agreement to qualify).

For More Information, Call 772.222.3266

Facebook Data Breach Leaks 530 Million Users Info



This month a Facebook data breach leaked 530 million users



Interesting Facts - Did You Know?

- Octopus lay 56,000 eggs at a time
- Blue whales eat half a million calories in one bite
- No number before 1,000 contains the letter A
- Movie trailers originally played after the movie

information including users' phone numbers, full names, location, email addresses, and biological information.

The social media company told NPR it did not plan to notify users. Security experts stated that the data leak does leave users vulnerable.

To learn whether your personal information was leaked, you can check the website HavelBeenPwnd.

Click Here to learn more about hard drive shredding and on-site paper shredding.

Source: NPR

Call Now for a Free Quote 772.222.3266

Is Washing Your Face in the Shower Bad?



Skin experts reported to Healthline that the hot water of a shower can strip your skin of the naturally occurring oils that keep your facial skin healthy and hydrated.

Other experts told Healthline that they believe washing your face in the shower makes your skin vulnerable to the airborne bacteria in your bathroom.

So what do we do? Experts agree that washing in the shower is OK as long as you follow these tips:

- Wash your face with warm water (not scalding hot)
- Wash your face once or twice a week with cold water
- Wash your face daily, twice a day is better
- Use gentle, non abrasive cleansers
- For acne prone skin look for cleansers with salicylic acid or benzoyl peroxide
- When wearing heavy make up try CeraVe Foaming Facial Cleanser
- And, if you must use hot water, keep the duration of the shower short

