



December Newsletter

Your Monthly Shred & Med Waste News!

Visit our website



Friday Shred Event at Peter's Hardware

Every Friday All Points Mobile Shredding is offering a Shred Event 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)*

December Special!

*15% off 100 box or more
purge*

*Must be scheduled and performed in Dec 2022.



Are You Compliant? We Can Help!

All Points offers on-line compliance training for HIPAA, Hazcom, Bloodborne Pathogens, DOT, PPE, Sharps, Fire & Electrical Safety & Hand Hygiene.

**For More Information,
Call 772.222.3266**

Another Successful All
Points Bowling Party!



Twitter Data Leaked for 5.4 Million Accounts

It was just announced that data from more than 5.4 million Twitter accounts was leaked in April of this year. The parties who allegedly bought the data shared it on a hacker forum where it can be freely downloaded.

This leak could represent serious risks for Twitter users involved.

The breach took place before billionaire Elon Musk bought the platform.

The leak is said to include private phone numbers and email addresses linked to user's accounts.

Source: MSN



Holiday Shopping Facts

- The number one item shoppers plan to buy for themselves this season is food or liquor.
- 73% of holiday purchases will be spent on clothing and accessories.



All Points Mobile Shredding & All Points Medical Waste gathered at Stuart Bowl for our Holiday Bowling Party! Congratulations to Mario Ruales, our awesome team member from Miami, who helps service the Miami Dade Hospital, on the highest score and getting his name on the company trophy!

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”

-William Arthur Ward



Walnuts Can Hinder & Slow Cancer

Several research studies found that walnuts have huge health

- 85% of consumers prefer free shipping to fast shipping
- In 2021, there were 88 million online shoppers on Black Friday and 66.5 million in store shoppers.
- In 2021, Cyber Monday saw 77 million shoppers.

[Click Here To Learn About Hard Drive Destruction!](#)

Call Now for a Free Quote 772.222.3266



benefits, which include slowing and stopping cancer growth.

Walnuts contain potent phytonutrients that are very rare in other foods. Researchers at UC Davis, as well as other research facilities, found that diets rich in walnuts slow prostate cancer in animals.

Researchers determined that two handfuls of walnuts every day can cut your risk of breast cancer and tumor growth in half.

Source: NaturalHealth365



Ways to Fight the Cold & Flu

With the arrival of cold and flu season, it's worth noting both what makes us more susceptible to getting sick and what we can do to ward off sickness.

These are the top factors that contribute to getting sick:

- Stress
- Poor sleep quality
- Diet high in sugar, processed meat and fat
- Being overweight
- Excessive alcohol in take

These are top ways to build your immune system:

- Sleeping 7-9 hours a night
- Getting enough sunlight
- Getting regular exercise
- Taking Vitamin D3
- Including lots of green vegetables, ginger and garlic in your diet
- Regular time in prayer or meditation

Source: ImmuneHealth



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