



November 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 you:

- 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)*

### November Special!

*10% off Destruction of 10  
or More Hard Drives*

\*Must be booked and performed in the  
month of November



### 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**

All Points is Proud of our  
Over 250 5-Star Google



## 11 Thanksgiving Facts

In light of the holiday season, here are some fun facts about Thanksgiving you probably don't know:

1. Sarah Josepha Hale was the woman who lobbied Congress to make Thanksgiving a national holiday.
2. Historians place the true time of Thanksgiving to be mid-October even though we celebrate in November.
3. President Franklin D. Roosevelt moved Thanksgiving up a week in 1939.
4. Animals from the Central Park Zoo made an appearance in the very first Thanksgiving Day Parade.
5. The frozen, prepackaged food industry began after the company Swanson had immense amounts of Thanksgiving leftovers.
6. Benjamin Franklin was a big turkey fan...and not because it was delicious, but because he admired the qualities of the bird.
7. Lobster, seal, and swans were more than likely on the menu at the first

## Reviews!



All Points Mobile Shredding and Medical Waste loves to delight our clients!

We believe our reviews speak for the level of service we provide.

We are proud of our over 250 5-Star Google Reviews and very thankful to our wonderful clients who provided them!

[Click Here To Read Our Google Reviews](#)

[Click Here to Leave All Points a 5-Star Google Review!](#)



## 10 Foods to Increase Your Lifespan

1. **Almonds:** Containing antioxidants, proteins and healthy fats, almonds protect your body down to a cellular level.
2. **Apples:** Filled with Vitamin C and fiber, apples are known for prolonging life.
3. **Anchovies:** Omega-3 in

- Thanksgiving in Plymouth.
8. Americans have loved and been baking pumpkin pies since the mid-1600s.
  9. The tradition of Thanksgiving football games began in the 1870s.
  10. Believe it or not, female turkeys do not gobble. Only the males do!
  11. Due to the abundance of cooking, the day after Thanksgiving is an extremely busy day for plumbers.

Source: Time and Country Magazine



## 10 Reasons Why You Should Drink Green Tea

Green Tea is known to promote both mental and physical health. It can be argued that it is an even better thirst quencher than water. Here are 10 reasons why you should drink green tea:

1. Antioxidants
2. Cardiovascular and Metabolic Health
3. Prevents Fat Buildup in Arteries
4. Increases Energy and Focus
5. Calms and Relaxes
6. Encourages the Burning of Body Fat
7. Prevents Skin Damage and Cancer
8. Improves Bone Health
9. Lowers Risk of Cancer
10. Protects Against Diabetes

Source: CNN Health

Anchovies helps reduce telomere shortening in the body.

4. **Avocado:** Packed with healthy fats, antioxidants, and plenty of vitamins, avocados benefit heart health.
5. **Basil:** An herb full of antioxidants that actually protect the body's skin from UV damage.
6. **Beets:** The betalains, an antioxidant in beets helps reduce the risk of cancer in the body.
7. **Black Beans:** Containing folate, black beans help with cognition and brain health.
8. **Blueberries:** Antioxidants in blueberries assist in anti-aging.
9. **Bran:** Whole grains such as bran help to protect the heart from diseases.
10. **Broccoli:** Known to have benefits for those with diabetes, asthma, and Alzheimer's disease.

Source: Epoch Health

**“Life is 10% what happens to you and 90% how you react to it.”**

**-Charles L Swindoll**



[WE OFFER HARD DRIVE  
DESTRUCTION - Click Here to  
Learn More](#)

Call Now for a Free Quote  
772.222.3266



Sarah Velasquez,  
Office Operations Manager

“If your determination to  
succeed is strong  
enough, failure will  
never overtake you.”

-OG Mandino

We want to formally welcome our  
new Office Operations Manager,  
Sarah Velasquez, to our team.  
Sarah comes to us with 12 years  
of experience at Planet Fitness  
where she was the District  
Manager overseeing 6 locations.  
Sarah will be taking over  
managing the office team for  
both shredding and medical  
waste. Welcome Sarah!



## Top Tips To Avoid a Holiday Data Breach

1. Do not use public Wi-Fi to shop
2. Verify requests for donations
3. Avoid package theft by using an Amazon Locker or a post office box
4. Do not click on offers from your social media sites
5. Only buy gift cards from reputable sources

Source: Harvard Business Review



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