



March 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)*

### March Special! Free Destruction of 5 Hard Drives with a. 100 box purge or more

\*Must be booked and performed in the month of March.



### 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



### 3 Reasons to Eat Edamame

1. Tons of Nutrition - Edamame is packed with vitamins C, B1, B2, E, A, K, zinc, folate, magnesium, copper, calcium, making it highly nutritious.
2. Supports Weight Loss - Edamame's high fiber content causes it to leave the GI tract slower and keeps you fuller longer. Increasing fiber helps with weight loss.
3. Alleviates Menopause - Eating soybeans daily reduces acute symptoms of menopause (57% reduction in night sweats and 43% reduction in hot flashes).

Source: Epoch Times



### Over 250 5-Star Google 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!](#)



### 2023 Was Record Year for Ransomware Payments

Wired publication reported new numbers from an annual crime report that reveals that ransomware payments exceeded 1.1 billion dollars in 2023.

That number is a record in a one

## Be Cautious Scanning QR Codes

The FBI issued a warning to all Americans to use caution when scanning QR codes with your phone.

Cyber thieves have been tampering with codes to steal log in information and financial information.

A QR code is the square barcode people can scan with the camera on their cell phones. It takes them directly to a website or a payment page.

Cyber criminals are modifying these codes to gain access to person's information.

Tips to Protect Yourself:

1. Be sure when you scan the QR code, that it takes you to a legitimate or intended website.
2. Be wary of entering any confidential information.
3. Do not download apps from a QR code.
4. If at all possible, avoid making payments through a QR code.

Source: Epoch Times



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

**Call Now for a Free Quote  
772.222.3266**

year period of time. It is twice as much as reported in 2022.

The extreme number is due to the sheer volume of ransomware attacks. Cyber thieves often find victims' information on the dark web and use it to pressure victims to pay ransoms by threatening to release their stolen data.

Cybersecurity and Infrastructure Security Agency offers tips and FAQ's on how to prevent ransomware [here](#).

Source: Wired

**“Whenever you are asked if you can do a job, tell 'em 'Certainly, I can,' then get busy and find out how to do it.”**

**-Theodore Roosevelt**





## Benefits of Collagen Peptides

Collagen peptides are small pieces of protein that can build up skin and cartilage. They may even improve skin and joint cartilage. They also act as a natural adhesive or glue.

There are at least 29 known types of collagen. For example Type 1, which makes up about 90% of the body's collagen, is required for skin, bone, tendon and ligament health. Type II collagen is required for joint support.

Collagen is linked to youth. The decline of collagen is linked with aging - such as wrinkles and sagging skin. Nikki Kendall a naturopathic doctor says anyone over 30 can benefit from a collagen supplement.

The benefits of collagen include:

1. skin plumping
2. decreased joint pain
3. increased cardio health
4. increased muscle recovery
5. decreased bone loss
6. increased wound healing
7. improved sleep
8. increased immunity
9. weight management

Source: The Epoch Times



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