

ALL POINTS
mobile shredding



ALL POINTS
medical waste



April 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)*

April Special! 1 Free Hard Drive Destruction with a 100 box purge or more

*Must be booked and performed in the month of April.



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



Reasons to Eat Pineapple

1. Immunity Boost - Eating pineapple strengthens your immune system and aids in digestion. It also reduces inflammation.
2. Boosts Heart Health - The fiber and potassium in pineapples promotes heart health and reduces the risk of stroke and heart disease.
3. Boosts Brain Health - Cooper in pineapples promotes healthy neural pathways in the brain. A 2017 study found it improved cognitive abilities.
4. Decreases Cancer Risk - Pineapples contain quercetin, beta-carotene and vitamin C, which strengthens the immune system and neutralizes free radicals which decreases cancer.
5. Supports Digestion - Pineapple contains bromelain, a digestive enzyme which aids in digestion and promotes gut health.

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!](#)



Apple Releases Emergency Security Update

Apple identified a critical flaw and released an emergency update last month to address a flaw that allows hackers to execute memory corruption attacks on iPhone and iPad devices.



IRS Tax Refunds Are 6% Higher This Year

This year's tax refunds are, on average, 6% higher than last year. Experts believe it is due to higher standard deductions and because of inflation.

The average refund this year is \$3,109, up from \$2,933 in the 2023 filing year.

The experts state that most of the 2024 adjustments are due to the IRS adjusting for inflation.

Prices rose by 7.99% in 2022 according to the Consumer Pricing Index. That is the largest increase since 1981.

Source: Epoch Times



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

Call Now for a Free Quote 772.222.3266



The Power of Naps

Experts report that you should nap daily to keep your brain healthy and function at this maximum

Apple's "patch" came on the same day that the United States Department of Treasury announced sanctions against a commercial spyware company that used software to target US government officials.

It's important that when Apple releases an update to your phone, tablet or computer, that you immediately update it to prevent security hacks.

Click [here](#) to learn about the importance of properly disposing of your electronic devices such as cell phones, computers, hard drives, laptops, tablets, and more at the end of their useful life. Proper electronic destruction is critical to maintaining your security and avoiding a breach.

Source: Data Breach Today

"If you can not do great things, do small things in a great way."

-Napoleon Hill



capacity.

New studies suggest that regular naps during the day may prevent brain shrinking as we advance in age. In the past, studies found that 10 to 30 minute naps were ideal to improve brain function and performance. Longer naps tend to reduce the desire to sleep and are even associated with diabetes and heart problems.

A daily afternoon nap may be just what the doctor ordered.

Source: The Epoch Times



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