

Your Free Monthly Newsletter From Your Friendly Shredding Company  
Helping You Stay Informed, Engaged & Protected



## Your Free Monthly Shred News! July 2017

### Your Monthly News & Updates

As the leader in information management and destruction, we continue to set ourselves apart from the competition by offering our clients piece of mind combined with the very best service.

[Visit Our Website](#)

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**ALL POINTS Wishes You a  
Happy Fourth of July!**



### Summer Special!

How long do you really have to keep those documents?

[Click Here for Record Retention Schedules](#)

### Get Two Months FREE

With a 24 month contract, get your 13 and 14th month of shredding or medical waste for FREE! **772.222.3266**

Did you know All Points can handle your **medical waste disposal** needs too?

[Click Here For More Information About Our Current Special](#)

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### All Points Gives Back

All Points President, Brian Connelly, donated \$1,000 to Catch the Wave of Hope on behalf of All Points Mobile Shredding & All Points Medical Waste at a Gala put on by the Women's Club of Stuart.

Catch the Wave of Hope, is a local non-profit with the vision of eliminating human trafficking locally, globally and nationally. The funds raised at the Gala will go toward

building a home in Martin County for victims of human trafficking. Law enforcement confirmed that human trafficking is happening right here in Martin County!

All Points VP, Dawn Connelly, is the President of Catch the Wave of Hope and is dedicated to training and awareness for students, parents, teachers and the community. We are proud to support this amazing organization and to be part of stopping this modern day evil!

[Learn More About Catch the Wave of Hope](#)



## How To Lose a Pound a Week

A pound is 3,500 calories. That may seem like a lot, but it only takes a reduction in 500 calories per day to lose one pound per week. You can add exercise to your routine to help you lose the weight even faster. For the best long term results and to keep the weight off, it is not recommended to lose more than two pounds per week. Here are some tips to cut your calories:



- Cut out fast food which can deliver 600-1,500 calories per meal
- Cut your carbs (rice, potatoes, pasta) in half and substitute with cooked veggies
- Exchange high calorie desserts with fruit or a bite size dark chocolate
- Chose lower calorie condiments on your sandwich - such as mustard or light mayo and skip the cheese
- Don't drink your calories. Eliminate soda and juice and keep alcoholic beverages to once or twice per week.
- For an extra jump start, try walking an hour a day, three times a week.

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## How To Leave Us a Google Review

Thank you for being a client of All Points Mobile Shredding & All Points Medical Waste!

We are a family owned business and your feedback means the world to us! Your review will help us to achieve better ranking in search engines. Would you be willing to review us?

Thanks in advance for taking a few minutes to help us! We appreciate your business and it's our pleasure to serve you!

***How to Review Us on Google:***



1. Google "All Points Mobile Shredding"

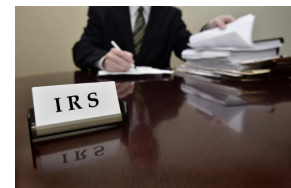
2. A box with All Points Mobile Shredding will appear on the right. Click the gray "Write a review" button.
3. You may be prompted to log into Google. If you're already logged in, you can simply leave your review.

### ***What If I don't Have a Google account?***

1. Go to [www.yelp.com/writeareview](http://www.yelp.com/writeareview)
2. In the "Find" box, type "All Points Mobile Shredding" and in the "Near" box type "Stuart, FL".
3. Click the "Write a Review" button.
4. You may be prompted to log into (or sign up for) Yelp to leave your review.

## **New IRS Phone Scam**

Be on alert for a new phone scam where perpetrators are calling victims and posing as IRS agents. They tell the victims that the IRS sent them two certified letters, which were both returned as undeliverable. Then, they threaten to have the victim arrested right away if they don't pay a specified amount.



The imposter demands that payment be made through a pre-paid debit card. They tell them the debit card is linked the Electronic Federal Tax Payment Systems (EFTPS), which is a real IRS system. They do this to make the victim believe it is legitimate.

The person posing as the IRS agent advises the victim not to call their accountant, lawyer, or tax professional until after payment has been made. This should always be a red flag!

If you receive a call like this, hang up right away and report it to the IRS by calling 1.800.829.1040.

The IRS will never:

- Demand payment over the phone
- Threaten to have law enforcement arrest you for not paying
- Demand you pay without the opportunity to ask questions, dispute or appeal it

Source: Forbes.com

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STAY CONNECTED:

