



## Your Free Monthly Shred & Med Waste News! March 2021

### Your Monthly News & Updates

As the leader in information management, destruction and medical waste disposal, 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

### Spring Special!



10% off Spring Clean Out Purge!

Everything is Shred On-Site!  
We can destroy your Hard Drives too!

For More Information, call: 772.222.3266

\*Min of 25 boxes/4 bins. Must be booked and performed in March.

### No-Touch Friday Shred Events at Peter's Hardware



Every Friday All Points Mobile Shredding is offering "No-Touch Shred Events" for your confidential documents and hard drive and media that needs to be destroyed.

**When?** Fridays from 9:30-10:30am

**Where?** Peter's Hardware, 975 SE Federal Hwy in Stuart FL (Across from the McDonald's on US-1)

**What?** All confidential documents, hard drives, and media

**How Much?** \$20/box (Cash only. Credit Cards for 5 or more boxes). \$25/hard drive if it's out of the tower. Extra \$10 to remove from the tower.

**Important:** Please place all your documents in your truck and remain in the car. Our Experts will do all the heavy lifting

**Everything will be shred on-site!**

**For More Information Call Now:  
772.222.3266**

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## Spring Cleaning Tips

1. **Check the temperature of your fridge and freezer** - the fridge should be set at 40 degrees and the freezer at 0 degrees to avoid the growth of bacteria.
2. **Check medicines** - look for expiration dates, after which medicines are often not as potent and can even cause harm. Take unwanted or expired medicines to a DEA authorized collection site. Most of the time, flushing your medicine down the toilet is a bad idea.
3. **Make sure to shred confidential or sensitive documents** - identity theft is the fastest growing crime in the US. Predators can use even personal mail to gather identifying information and use it against you. [Click Here](#) to learn about residential on-site shredding or [Click Here](#) to learn about on-site shredding for businesses. We also offer a shred event every Friday (see above).
4. **Be careful using bleach** - bleach is a very powerful cleaning agent, however it is also very toxic and can cause skin, eye irritation, chest pain and even asthma. It's best to avoid cleaning with bleach and use natural cleaning agents, which can be very effective without harming your health.



Source: FDA

## The Danger of Living Hug Free

We are designed for relationship and human contact. The past year's pandemic brought about a new way of thinking and living - without contact and with social distancing.



When human touch disappears we sometimes don't even realize the value it had on us. Instead, we often just feel like something is off or missing. The problem of loneliness and even depression and declining health can be caused from lack of touch. "Touch has huge impact on our psychological and physical wellbeing." says Professor Robin Dunbar from University of Oxford.

Dunbar's research found that humans have an average of five friends who can call as a shoulder to cry on. The benefit of human touch sends codes to our brain that impact the way we feel pain and experience pleasure. She says touch can lessen the effects of stress and physical and emotional pain.

While the pandemic's new norms are put in place for your health, don't miss out on the value of a hug and human touch. It's critical for your happiness and your health!

Source: The Guardian

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