



April Newsletter

Your Free Monthly Shred & Med Waste News!

Visit our website



No-Touch Friday Shred Event at Peter's Hardware

Every Friday All Points Mobile Shredding is offering "No-Touch Shred Events" 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)*

April Spring Clean Out Special!

In honor of tax day being April 15

*15% of purge of 100 boxes
or more**

*Valid if job performed in April 2022.



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**

**Foods That Can Calm Your
Nerves**



We spend much of our day dealing with the urgent matters, or putting out fires, which can make us feel stressed. Stress and tension cause our bodies to release a hormone called cortisol. This stress hormone also makes us crave certain foods (think ice cream).

But the following foods can help to relieve tension and calm your nerves:



Major Tax Changes for 2022

- Increase in tax bracket for all filing statuses.
- Employer sponsored retirement contribution increased.
- Roth IRA Income Limits increased.
- Standard Deduction for all filing statuses increased.
- Health savings account limit went up.
- Capital gains tax limit increased.

[Click Here to Learn More Details](#)

Interesting Facts About April

- April is great for watching meteor showers.
- On April 15, 1912 the famous Titanic ship sunk.
- George Washington was inaugurated at the First President of the United States April 30, 1789.
- Smaller animals who hibernate in winter start coming out in April.
- Ford unveiled its first Mustang on April 17, 1964 at a price tag

- Asparagus - High in folate, this veggie has shown in studies to lower risk of depression.
- Avocados - With the highest folate levels of all fruits, they also contain healthy fats & antioxidants that fight cell-damaging free radicals.
- Berries - An amazing source of Vitamin C, which has been proven to reduce stress, this fruit was also found to reduce anxiety in high school students & those with type 2 diabetes.
- Chamomile Tea - With its proven way of creating calmness, two studies from the University of Pennsylvania showed it also reduces anxiety and depression.
- Dark Chocolate - It can boost serotonin levels and reduce blood pressure but moderation is key.
- Leafy Greens - These are excellent sources of folate and magnesium. Try adding with a slice of avocado.
- Oatmeal - With minimal prep time, this food also prompts your brain to release serotonin.

Source: NaturallySavvy.com

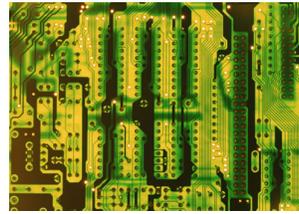
of \$2,368.

Source: The Facts



**Call Now for a Free
Quote 772.222.3266**

Beware of Potential Cyber Attacks



Authorities warn about potential cyberattacks due to growing tensions in Europe. Washington D.C. warned "Russia is exploring options for a potential attack."

Consider downloading software like Eset.com and make sure you destroy any old hard drive or media that is outdated or that you're not using.

[Click here to learn about our hard drive & media destruction services.](#)

Scam Alert!



According to Florida Attorney General Ashley Moody, robotexts are now outpacing robocalls.

In 2021, over 87 billion robotexts (automatically generated texts) were sent in the US. In that same period 72 billion robocalls went out. These messages most often contain spam.

In 2021, Americans lost more than \$10 billion due to these robo type scams. Here are some tips so you do not become a target:

- Do not click on links in text messages you receive from unknown phone numbers. They often contain malware.
- Do not answer texts from numbers you do not recognize.
- Never answer a call from an unknown number and never offer personal or financial information for an incoming call, without verifying the caller. It's better to look up the number to the institution (eg. your bank) and hang up and initiate the call yourself.
- Consider downloading a text or call locking app.

[Click Here to learn about cell phone destruction](#)



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