



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!

*Mini-Executive Console  
for only \$30/month*

\*Must sign a 3 year agreement during the month of March 2023.



### 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**

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**Congratulations to  
Dawne, Rudy & Michael**



## How To Become a Morning Person



Research shows that you can turn yourself into a "morning person" even if you currently consider yourself a night owl.

According to a University of Miami sleep specialist, "It cannot be done in a short time period, typically. Rather, it takes several weeks or months to accomplish."

Our bodies naturally become tired when the sun sets causing the body to release melatonin, which slows our breathing and heart rate to prepare for sleep.

Here are some tips to help you become a morning person:

- Stop all caffeinated drinks by 2:00 p.m.
- Do not look at a glowing screen just before bed.
- Exercise during the day light hours rather than at night.
- Avoid eating right before bed.
- Avoid alcohol it causes rebound insomnia.
- Listen to calming music.
- Wake up at the same time every day.
- Establish a bedtime routine

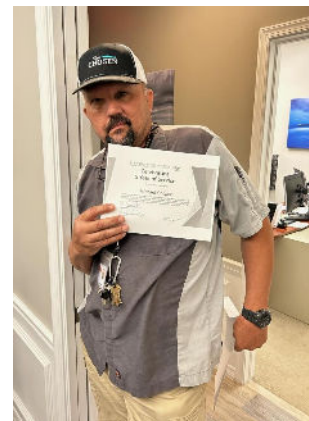
## Celebrating BIG Anniversaries with ALL POINTS!



Dawne Barringer Celebrating 15 Years with ALL POINTS!



Rudy Bagensie Celebrating 15 Years with ALL POINTS!



Michael Cooper Celebrating 5 Years with ALL POINTS!

This year Dawne and Rudy both celebrate 15 years of service to All Points Mobile Shredding and All Points Medical Waste.



(lower lights, turn down a/c, relaxing music).

Source: University of Miami Health

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

**Call Now for a Free Quote  
772.222.3266**



## Paper Data Breaches More Common Than Electronic Ones

Lately we hear a lot about ransomware and cyber hacks. However, a new series on privacy program metrics conducted by RADAR, a software company, revealed that paper incidents are far more common and more likely to result in a data breach than electronic incidents.

Examples of a paper data incident are mail going to the wrong place, lost paper files, records with personal data or confidential information destroyed or thrown away without shredding.

The study found that the financial services industry has more paper incidents than electronic breaches.

In health care 28% of all paper incidents are considered a data breach. This number corresponds

They were each gifted with a 3-night all inclusive stay at Sandpiper Bay with waterfront suites!

Michael celebrates 5 years of service and was gifted 10 chiropractic visits!

Thank you Dawne, Rudy & Michael!



## Tips for Great Eye Health

Millions of people experience visual impairment. Many diseases and vision issues could have been prevented through early diagnosis and treatment.

Here are some top tips for your eye health:

- Schedule an eye exam. It's important that you have a comprehensive eye exam yearly.
- Enforce for 20-20-20 rule. For every 20 minutes you look at a computer, look at something 20 feet away for 20 seconds.
- Wear sunglasses in the sun, goggles or other protective eye wear when putting away Christmas decorations or doing activities involving chemicals or sharp objects, or when playing sports.
- Eat foods like salmon, chicken, carrots, sweet potatoes, spinach to help prevent eye diseases like macular degeneration,

with a study done by Verizon Wireless, that found 27% of breaches were related to personal health information on printed paper.

To avoid a data breach of your mail at your home, or at your business, make sure you use a **NAID AAA Certified Document Shredding Provider like All Points Mobile Shredding (Click Here To Learn More!)**.

Source: iapp



## What is Your Chronological Age Versus Your Biological Age?

Normally we determine how old we are based on the how many years have gone by since we were born. But that is your your chronological age.

Your physical condition is considered your chronological age and can be older or younger than your biological age depending on your health. For example, you can be a 29 year old female with a diet of high saturated fried foods, smoke cigarettes and not exercise and your biological age may be closer to 40.

There are several factors that determine your biological age such as regular exercise, endurance and strength training, stretching, maintaining a healthy weight, eating foods with a low glycemic index (no dairy, fruits, vegetables, beans, whole grains) and moderate to no alcohol drinking.

Source: Health Line

cataracts and glaucoma.

- Practice good make-up hygiene like cleaning make-up brushes regularly and removing make-up before bedtime.
- Stay hydrated because dehydration can cause eye problems.

Source: University of Miami Health



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