



June 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)*

June Special!

*One Month Free with
Recurring Service
Agreement*

*Only valid with 3 year agreement.



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



Benefits of Gratitude



Research shows that gratitude impacts not just our happiness, it can also have positive effects on our physical health and mental well being.

Here are a few ways you can increase your mood, physical wellness and enhance your relationships:

- Start a Gratitude Journal - A 2019 study in the Frontiers in Psychology found that after just two weeks of journaling, depression rates declined and overall happiness greatly increased.
- Celebrate Every Small Win - staying mindful of all the blessings in your life and each small win is proven to result in better sleep.
- Live Generously - The chemical release when we give away our financial resources or volunteer our time have been shown to improve physical health

Source: Epoch Health

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!](#)



Exercise Can Increase Pain Tolerance

Recent studies show that any amount of physical activity can increase pain tolerance.

The journal of PLOS One found that the more exercise a person does, the higher their pain



Top Data Breaches So Far in 2023

- Data breaches in May 2023: 98
- Breached records in May 2023: 98,226,877
- Number of data breaches in 2023: 528
- Number of breached records in 2023: 451,724,931
- Biggest data breach of 2023 so far: Twitter (220 million breached records)
- Most breached sectors: Healthcare (155), education (95), technology (59)

Source: IT Governance



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772.222.3266

tolerance. For example those who reported being "average" exercisers had 60 seconds of pain tolerance versus this who said they were "active" exercisers and could tolerate pain for 80 seconds.

This held true for both acute and chronic pain. The study found the same results in both men and women.

Source: Fox Health

"Discipline is choosing between what you want now and what you want most."

-Abraham Lincoln



"One man can make a difference and every man should try."

-Jacqueline Kennedy Onassis

Science Reveals Top Benefits of Silence



Did you know that there are surprising benefits to just being silent? Not only is it good for your mental health, but your spirit and body can also benefit. Here are a few benefits of sitting in silence:

- Lowers Blood Pressure
- Calm Anxiety
- Stimulates Brain Growth
- Reduces the Stress Hormone Cortisol
- Enhances Creativity
- Prevents Insomnia
- Promotes Mindfulness

Source: Health Line



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