



July 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)*

### July Special!

*6 Months Free On-Line  
Compliance Training  
with New Client  
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  
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!

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## Fun Fourth of July Facts

- Star Spangled Banner became our National Anthem in 1931.
- The 12th President of the US, Zachary Taylor, died after giving a Fourth of July speech after he ate spoiled fruit.
- The Liberty Bell in Philadelphia is tapped 13 times every Fourth of July in remembrance of the 13 colonies.
- Thomas Jefferson and John Adams both died on July 4, 1826.
- President Calvin Coolidge is the only US President to be born on July 4.
- Americans spend more than \$1 Billion on fireworks every year.
- George Washington celebrated the 4th of July by giving his soldiers a double ration of rum

## Proper Etiquette for the Stars and Stripes

Not many people know that there is actually a government document regarding the “proper” way to hang the American Flag. Published on December 22, 1942, this document is full of knowledge on how to have proper flange etiquette such as:

Source: We Are Teachers



## Five Ways to Travel Better During the Holidays

Here are five ways you can decrease your stress levels this season while traveling:

1. Eat small, low carb, high-protein meals before you travel to prevent inflammation
2. Be cautious about your exposure to bright light and screen time 2-3 hours before bed to maximize sleep quality
3. Skip alcohol on your flight
4. Get a quick workout in before your flight to boost your endorphins
5. Regulate your breathing

Source: Fox News



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

Call Now for a Free Quote  
772.222.3266

- Posture when the flag is being raised
- When the flag should be flown
- Special dates the flag must be flown
- Rules on how to display the flag if you cannot fly it
- When to retire the flag

With the Fourth of July coming up so soon and as we prepare to proudly fly our flags, it is always good to be reminded on how to properly fly and care for our nation's flag!

Source: Epoch Times

**“He is the richest who is content with least, for content is the wealth of nature.”**

**-Socrates**



**“Happiness depends more on the internal frame of a person's own mind, than on the externals in the world.”**

**-George Washington**

**Studies Show that Fermented**



## Foods Improve Brain Health

According to a study out of Ireland, bacteria-rich foods help to improve and preserve our neurological and mental health. The study showed the fermented foods may improve cognitive function by releasing neurotransmitters, like BDNF, that are involved with learning and memory. These fermented foods contain essential amino acids that produce many of the neurotransmitters involved in muscle control, mood regulation, and melatonin production. Some of these beneficial fermented foods include:

- Sauerkraut (fermented cabbage)
- Fermented Milk
- Yogurt
- Kimchi
- Miso

Source: Epoch Health



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