

ALL POINTS
mobile shredding



ALL POINTS
medical waste



October 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)*

October Special!

*10% off Destruction of 5
or More Hard Drives*

*Must be booked and performed in the
month of October



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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Over 250 5-Star Google



The Healing Benefits of Infrared Light

Since 1903, light has been used as a source of healing for the body. Infrared light therapy is used to help with many different issues in the body and has many benefits regarding health. Below are a few things infrared light can be used for:

- **Pain:** Infrared therapy is most commonly known to reduce pain. A study done on patients with lower back pain showed a 50 percent decline in pain levels with infrared therapy.
- **Inflammation:** Regarding issues such as joint pain, injuries, brain inflammation and lung disorders, infrared therapy is known to assist in reducing inflammation.
- **Quick Healing:** At a cellular level, infrared therapy has been observed to aid in accelerated healing. Studies have also shown infrared therapy having positive healing effects on diabetic wounds.
- **Brain Repair:** It has been observed that infrared therapy on the brain can result in repairing the brain and increasing blood flow and energy.

Next time you are in pain or are dealing with an injury, skip the over-the-counter drugs and try

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](#)

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Welcome To Jonathan Cassidy, Our New Vice President!

Jonathan comes with 20 years of experience at U.P.S., where he started as a delivery service provider running routes. Jonathan was promoted to Dispatch Supervisor where he managed

infrared light therapy. It is a safer route with much less risk.

Source: Epoch Times



Exercise: The Key to Breaking Addiction

Many studies have been conducted researching the benefits of exercise in relation to substance abuse.

Overall, they find that with consistent exercise, users had a 75 percent decrease in substance use. While it has been widely believed that psychological therapy is the only way to help users recover from substance abuse, these studies disagree.

Exercise is linked to physical health, increased self-esteem, reduced anxiety and depression, and brain development.

Finding the right form of exercise for you will encourage a healthy exercise routine. It will keep you physically and mentally healthy and as a result, decrease substance use.

Source: CNN Health



and planned the loading of all delivery routes.

He was promoted again to On-Road Supervisor where he oversaw the operations of 30-plus delivery personnel out of the Riviera Beach Facility and was responsible for the safety, service and production of all delivery personnel.

Jonathan latest role was as the Business Manager where he managed 7 supervisors and as many as 165 drivers and their routes.

Jonathan graduated from Stayer University with a Bachelor of Business Administration, Magna Cum Laude.

Jonathan was ready for a change from the corporate world. He said when he read our job description, he felt like it was written for him.

He loves Dave Matthews and spending time with his family.

Welcome Jonathan!

“Life is 10% what happens to you and 90% how you react to it.”

-Charles L Swindoll



“If your determination to

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succeed is strong
enough, failure will
never overtake
you.”

-OG Mandino



Is 85% Effort Enough?

The mindset that maximum effort leads to maximum results may not be the most efficient work strategy. Expecting 100% effort from your employees may lead to quick burnout and even a toxic work environment. That is where the benefits of an 85% effort expectation may be beneficial. Creating an environment where maximum effort is not the expectancy may actually lead to better results, according to Harvard Business Review. Ways in which this type of work environment can be implemented can include setting an end-of-day time for work, refraining from language that puts pressure on employees, setting a maximum amount of time meetings are allowed to run, giving regular breaks, and expecting an 85% effort mindset for yourself so that you can properly lead your employees in the same mindset.

Source: Harvard Business Review



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