



November Newsletter

Your Monthly Shred & Med Waste News!

Visit our website

YOUR TRUSTED SECURITY & COMPLIANCE COMPANY



Friday Shred Event at Peter's Hardware

Every Friday All Points Mobile Shredding is offering a Shred Event 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 or Check only)*

Black Friday Special! SAVE 15% on End of Year Clean Out Purge!

Must be over \$1,000 purge and scheduled and booked by 12/31/24



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 375 5-Star Google
Reviews!



Understanding Florida's Information Protection Act

Florida's Information Protection
Act:

- Requires notice to consumers within 30 days of a breach
- Requires office to the Attorney General for a breach affecting over 500 people
- Applies to personal information including health insurance, medical and financial information and online account information.

To reduce your risk of being a
victim:

- Properly shred your confidential documents.
[Click Here to Learn About On-Site Document Shredding](#)
- Create strong passwords
- Enable a 2-step authentication

Source: Ashley Moody, FL
Attorney General

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 375 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!](#)



Live Longer By Walking For This Long Daily

A study in the British Journal of
Sports Medicine analyzed almost
200 peer reviewed articles and
found that people who walk
briskly for more than 75 minutes
per week lower their death rate
by 23%.



Surprising Malignant Melanoma Risk Factor

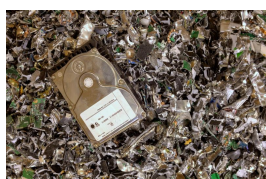
The first study to link personality to the risk of cancer found that people who have "Type A" personalities are more likely to develop heart disease and high blood pressure.

People with Type A traits are described as ambitious, high-achieving, impatient, and rigid. They tend to be focused on time management and are often referred to as workaholics.

Type B personalities are those who work more steadily and are not as determined. They are more flexible and more patient. They are less likely to develop cardiovascular disease and report higher job satisfaction and being less stressed.

Type C is the polar opposite of Type A. These personalities are described as patient, not assertive, and they tend to suppress anger and emotions and do not like conflict. It is the Type C personalities that were found to be more prone to cancer.

Source: Epoch Times



It also found that walking at least 75 minutes per week reduces cardiovascular disease by 17%.

Walking is not only considered a cardiovascular form of exercise, but it is also weight bearing, which helps with bone density as we age.

Walking has been linked to better moods as well. A good goal is to strive to walk 5,000 steps per day.

Source: Epoch Times



"We gain the strength of the temptation we resist."

-Ralph Waldo Emerson

"A hero is one who knows how to hang in there one minute longer."

-Novalis

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

Call Now for a Free Quote 772.222.3266



Fun Thanksgiving Facts

- Abraham Lincoln was the first president to declare Thanksgiving a national holiday.
- Turkeys can run up to 25 mph.
- 50% of people stuff their turkeys, however, health experts and chefs advise not to stuff it.
- Only male turkeys gobble. Female turkeys cackle.
- The largest turkey on record weighed 86 pounds.
- Most people claim they gain 5-10 pounds over Thanksgiving, but the average is actually only one pound.
- 88% of Americans eat turkey on Thanksgiving.
- Thanksgiving got its name from the New England colonists accustomed to celebrating thanksgiving days of prayer thanking God for blessings such as military victory or the end of a drought.

[Check out our 5-Star Google Reviews Here!](#)

[Click Here to Learn More About On-Site Shredding](#)

[Click Here to Learn About Electronics Destruction](#)



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