



Fork Support  rt
@GRAIN



Inclusive Adaptive Fitness

Print out this flyer and show it to your server **anytime** on **Wednesday October 14, 2026**
and the folks at Grain in Newark will donate 20% of your food check to
EPIC

**270 E Main Street
Newark, DE 19711
MeetAtGrain.com
302.444.8646**

Hand these out to everyone you know before
you come to Grain. Handing them out while
at Grain is a bad karma move and may
result in ending the event and mean stares.