



ARTISTIC BODY SCAN

Free Art Workshop

Saturday, July 11 & 18, 2026
185 Ferguson Ave N, Hamilton, ON

RSVP at Eventbrite

<https://www.eventbrite.com/e/free-art-workshop-artistic-body-scan-tickets-1991336134985>

For Immediate Release (July 6, 2026): Community members are invited to a gentle, creative experience that combines mindfulness meditation and body awareness through visual artistic expression. All materials are provided, and no artistic ability is required. Anyone can participate. These sessions invite you to relax, connect with your body, and express sensations through simple, intuitive art. Benefits include stress reduction, fun, creativity, community and a smile. Artist practicing mindfulness may find these workshops helping to increase creativity and inspiration.

These workshops, facilitated by Kinga Zak, are the first phase of a community driven multidisciplinary art project that will be unveiled on Saturday, August 8, 2026 at the Meridian Co-Op located at 185 Ferguson Avenue North in Hamilton, Ontario. Zak is a multidisciplinary artist with art therapy training whose practice centres on creative engagement, emotional expression, and inclusive participation. Zak will collaborate with emerging local muralist Dallas Hofsten to complete the mural using exterior grade paint, brushes, rollers, scaffolding or ladders, and protective coatings to ensure durability and longevity.

Sponsored by The City of Hamilton Placemaking Grant

- 30 -

Media Contact:

Kinga Zak
contactkingazak@gmail.com

Publicity Services:

Provided by Lyla-The Publicist
lyla-thepublicist@cogeco.ca