

Revival

TO OUR BEAUTIFUL COMMUNITY, WHERE WELLNESS IS A LIFESTYLE.

Wisdom

Words to fuel your Aura and tarots for the future

Interns – The Eight of Pentacles

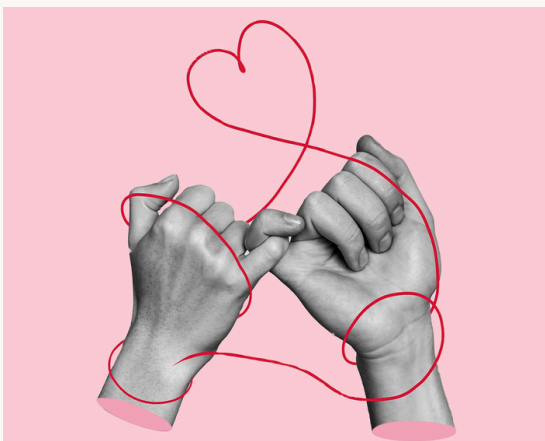
February is about repetition turning into mastery. You're doing the work and even if it feels monotonous, it's shaping real competence. This is the month where muscle memory starts to kick in. Gratitude helps you recognize that consistency is progress, quietly making you better.

Residents – The King of Cups

February calls for steady emotional leadership. You're holding space for patients, interns, and yourselves. Gratitude supports emotional resilience this month, helping you lead with calm, compassion, and clarity even when things feel heavy.



TAROT TUESDAYS at the VA



Collective

Celebrating connection in the moments

As the activity of January comes to a close, we take on February to spread love, awareness and learning more about the city and campus we call home. Stay tuned for what's ahead!



Exhibit

San Diego Museum Month

Feb 1-28 | All day | Various Locations

Pick up a museum pass at any San Diego City or County Public for half-price admission at +70 museums. More information [here](#).



Cultured

San Diego Têt Festival

Feb 20-22 | Various Times | Liberty Station

Celebrate the year of the Fire Horse with food and performances all for free admission. More information [here](#).

CHECK OUT THE WELLNESS CALENDAR FOR EVEN MORE EVENTS



RECURRING EVENTS:
VOLLEYBALL FOR ALL,
PICK UP THE NET AT
THE VA CHIEF OFFICE.

Horizon

Glimpse into our future

February 6th, 2025, 4-5pm

Activity: *House Cup Scavenger Hunt*

Location: *Campus!*

February 12th, 2025, 6:30-9 pm

Activity: *Foodies: Ramen Station*

Location: *8068 Clairemont Mesa Blvd, San Diego, CA 92111*

February 28th, 2025, 7-9 pm

Activity: *Play: White Privilege*

Location: *9783 Avenue of Nations, San Diego, CA 92131*

**SEND US PICS TO
HIGHLIGHT YOU ON
SOCIAL MEDIA
@UCSD_MEDICINE**

InQuizitive

Trivia nights worth showing up for.

GoodBar (Point Loma)

Weekly neighborhood bar trivia with general knowledge questions, a lively crowd, and food and drink specials.

Little Italy Food Hall (Little Italy)

Casual open-air trivia night held on the food hall patio, free to play with a wide variety of dining options.

Bub's at the Ballpark (Gaslamp Quarter)

High-energy trivia night near Petco Park with a social atmosphere and crowd-friendly questions.

Carruth Cellars Wine Garden (Liberty Station)

Relaxed trivia night in an outdoor wine garden setting, ideal for smaller teams and a laid-back experience.

Belching Beaver Tasting Room (North Park)

Weekly Thursday trivia night with food pop-ups and casual vibes — perfect for groups.

Dirty Birds Trivia Night (Ocean Beach)

Laid-back neighborhood trivia paired with wings, drinks, and a casual Ocean Beach crowd.



Noods

So many noodles, not enough time.

HiroNori Craft Ramen (Hillcrest)

One of San Diego's top ramen spots with rich broth and fresh noodles — a go-to for classic ramen lovers.

OB Noodle House & Sake Bar (Ocean Beach)

Beloved local noodle house offering ramen and other noodle dishes — a frequent crowd-pleaser.

Shan Xi Magic Kitchen (Convoy)

Casual favorite offering handmade Chinese noodles and hearty noodle soups with authentic regional flair.

The Nood Bar (North Park)

Pan-Asian noodle counter with soups, stir-fried noodles, and creative bowls spanning multiple Asian traditions.

Menya Ultra (Clairemont Mesa)

Highly acclaimed ramen restaurant known for carefully crafted bowls and deep flavor — among San Diego's best.

VIET NOM (Towne Centre)

Pho and noodle bowls prized for fresh, flavorful broths and generous portions.



REACH OUT IF YOU WANT TO CONTRIBUTE
OR GET TO KNOW US BETTER

By your Wellness Curators: Chief Shareef and Chief Julia

