



Kaiser Permanente Health Talks

Understanding ADHD

Our September Health Talk focuses on ADHD (attention-deficit hyperactivity disorder) across the lifespan. Join us in learning about the brain and how we can better support attention-shifting abilities.

We will also take a deeper look at ADHD: Do we outgrow it? What can we do about it?

This session will be presented by two of our expert Kaiser Permanente psychiatrists, **Frank Lee, MD** and **Lukuang Lynette Hsu, MD**.

In this Health Talk, you will:

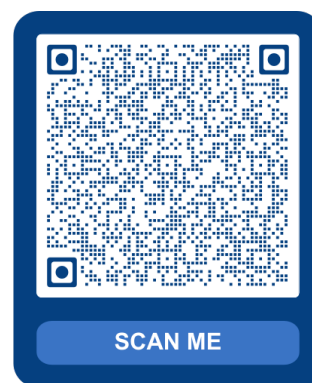
- Learn about the human brain and what helps and hinders attention.
- Gain a better understanding about ADHD.
- Recognize how ADHD may affect us from childhood through adulthood.
- Hear about current treatments and resources for ADHD.

Date: Thursday, September 25, 2025

Time: 12:30 – 1:30 pm PST

Location: Microsoft Teams

Register: QR Code or [click here](#)



This is a free webinar made available to employer groups and our Bay Area communities. You do not need to be a Kaiser Permanente member to register. The presentation will be in English.