

TV personality Joan Lunden discusses balance of work and family life for Town Hall series

Anya Rath, Times Herald

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(Photo: ANDREW JOWETT, TIMES HERALD)

When former Good Morning America host Joan Lunden listed her career and life achievements to the audience gathered for her Port Huron Town Hall series lecture on Monday, it was mention of her seven kids that got her the loudest round of applause.

That's pretty typical of the talks she gives, Lunden said.

"It's challenging for women and families to balance work and family life," she said. "We're at that point in time now that we have it all, how are we supposed to do it all? I think that's the modern woman's dilemma."

Lunden was the second speaker for the 62nd season of the Port Huron Town Hall series. The organization brings in speakers about once a month from October through March to discuss a variety of topics. Following the speaker's talk, community members have an opportunity to get to know them at a luncheon.

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Barbara Belanger, president of the organization, said about 900 people were expected to be in attendance for Lunden's talk at McMorran Place Theater on Monday morning.

"I'm really excited about Joan," said Belanger, who added that she remembered watching her on TV when Lunden was the host of "Good Morning America" from 1980 to 1997.

In addition to giving a behind the scenes look into what it is like to be a TV personality who has reported from dozens of countries and covered four presidencies, Lunden discussed her journey as a breast cancer survivor.

Though being public about her diagnosis was difficult at first, Lunden knew that she had the ability to reach people.

"I have come to realize that every time someone that's well known comes out and talks about their journey in breast cancer, everyone learns something," Lunden said. "When you can inform, you can empower them."

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