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Jarvis-raised author releases children's book about Type 1 diabetes

Laura C. Gee drew on her childhood in Jarvis and her parents' example to write *Sage Being Brave* 40 years after her Type 1 diabetes diagnosis.

JARVIS, Ontario, Sept. 1, 2026: Forty years after being diagnosed with Type 1 diabetes at age seven, Laura C. Gee, who grew up in Jarvis, has published her first book, *Sage Being Brave*, a chapter book for ages 8 to 10 inspired in part by her own experiences growing up with the disease.

Gee was diagnosed on Aug. 15, 1986, while growing up in Jarvis. As the 40th anniversary approached, she decided to mark the milestone by writing the kind of story she would have wanted to read as a kid.

"I didn't want to write a book that taught kids about diabetes," Gee said. "I wanted to write a story about a kid who happened to have it."

Sage Being Brave follows eight-year-old Sage, who loves soccer, riding her bike, building blanket forts with her best friend Lucy, and spending time with her rabbit, Pumpkin. Then one ordinary day, she's diagnosed with Type 1 diabetes.

Suddenly, there are numbers to check, insulin to take, and things to think about that Sage never had to think about before. School feels different. Soccer feels different. Even a sleepover with her best friend feels more complicated.

But Sage still goes to school. She plays soccer. She goes to birthday parties and sleepovers. She laughs with her friends. Sometimes diabetes interrupts. Sometimes it barely gets a thought.

That balance came from Gee's own memories of being a kid with Type 1 diabetes and from watching how her parents, Joan and Larry, handled a diagnosis that changed life for the entire family.

"I remember wanting to just be a kid," Gee said. "My parents made sure I got to be one. They taught me how to take diabetes seriously without letting it become everything. A lot of what I understand about being brave started with them."

For Joan and Larry, raising a child with Type 1 diabetes meant learning alongside their daughter while also encouraging her to do the things other kids were doing.

“Laura had diabetes, but she was still Laura,” Joan said. “We wanted her to grow up knowing she could do the things she wanted to do. We worried, of course, but we never wanted our worry to become hers.”

Larry remembers that determination becoming part of his daughter's personality.

“She worried a lot about what others thought,” Larry said. “But she was so determined and never let diabetes stand in her way.”

Those childhood experiences also helped shape Gee's career. She began working in biomedical research because she wanted to give something back to the field she credits with saving her life. She later moved into communications, where she works today.

Now based in Frederick, Maryland, Gee said writing *Sage Being Brave* gave her another way to give something back.

“I can't go back and hand seven-year-old me a book like this,” Gee said. “But I can write one for a kid who needs it now.”

Sage Being Brave was released Sept. 1 and is available in paperback in Canada and the United States through Amazon.

About Laura C. Gee

Laura C. Gee is a communications specialist and author who grew up in Jarvis, Ontario, and now lives in Frederick, Maryland. Diagnosed with Type 1 diabetes at age seven, she began her career in biomedical research before moving into communications. *Sage Being Brave*, her first book, was published in September 2026. Laura lives with her husband, Rob, who also has Type 1 diabetes, and their two rabbits, Pumpkin and Spice.

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High-resolution images are available at lauracgee.com/press. Interviews and review copies are available upon request.

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