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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: Jarvis-raised author Laura C. Gee 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 Type 1 diabetes.

Gee was seven years old and living in Jarvis when she was diagnosed on Aug. 15, 1986. As the 40th anniversary of her diagnosis approached, she decided to write 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 within the biomedical research industry, 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 an author and communications specialist 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 and later moved into communications. Her first book, *Sage Being Brave*, was published in September 2026 and draws in part on her own experiences growing up with Type 1 diabetes. Laura lives with her husband, Rob, and their two rabbits, Pumpkin and Spice.

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