Subject: Let's Connect on Facebook!
Hi [Friend's Name],

I hope this message finds you well! I was thinking about how great it would be to reconnect and catch up. I'd love to stay updated on what's going on in your life!

If you're up for it, let's connect on Facebook! It would be wonderful to share some moments and see what each other has been up to.

Looking forward to hearing from you!

Warm regards,

[Your Name]

[Your Contact Information] (if desired)