

Subject: Just Checking In!

Hi [Recipient's Name],

I hope this message finds you well! It's been a while since we last connected, and I've been thinking about you. How have you been?

I would love to hear about what you've been up to lately. If you have some time, maybe we can catch up over coffee or a phone call soon.

Looking forward to hearing from you!

Best,

[Your Name]

[Your Contact Information]