

Hey [Friend's Name],  
Hope you're doing well! I just wanted to drop you a quick note to see how things are going on your end. It's been a while since we last caught up, and I'm really missing our hangouts.  
Things here have been pretty busy but good! [Insert a brief personal update or anecdote].  
Let's set up a time to chat or grab a coffee soon -- I'd love to hear all your news!  
Take care and talk soon!  
Best,  
[Your Name]