

Hey [Friend's Name],

I hope this message finds you well! I just wanted to drop you a quick note to see how you've been. It feels like ages since we last caught up. Things on my end have been pretty busy, but I've managed to squeeze in some fun activities, like [mention any recent event, trip, or hobby]. I'd love to hear all about what's new with you, too!

Let's plan a catch-up session soon--maybe grab coffee or hit that new restaurant we talked about? Looking forward to hearing from you!

Take care!

Best,

[Your Name]