

[Your Name]
[Your Address]
[City, State, Zip Code]
[Email Address]
[Phone Number]
[Date]

Vlad [Last Name]
[His Address]
[City, State, Zip Code]

Dear Vlad,

I hope this message finds you well. I wanted to take a moment to follow up on our previous conversation regarding [subject discussed].

[Briefly reiterate the main points or questions you discussed, along with any updates or additional thoughts you may have].

I appreciate your insights and look forward to hearing your thoughts on this matter. Please let me know if you need any further information or if there's a good time for us to connect again.

Thank you for your time.

Best regards,

[Your Name]
[Your Position, if applicable]
[Your Company, if applicable]