

Hey [Friend's Name],  
Hope you're doing great! I just had to write and share something that made me laugh so hard I could barely breathe. Remember that time we went to [funny memory/event]? Well, I just stumbled across a meme that totally reminded me of it.  
Anyway, I've been up to [something funny or interesting you did recently]. It was ridiculous and I couldn't stop chuckling.  
Let's catch up soon! I miss our laughs and all the nonsense we get into.  
Take care!  
Best,  
[Your Name]