

# Friendly Letter Format for Sharing Health Update

**Your Address**

*(Optional)*

**Date**

Dear [Friend's Name],

I hope this letter finds you well. I wanted to take a moment to share an update about my health, as I know you've been concerned and checking in on me.

Lately, I've been experiencing [briefly explain your health condition or recent experiences, e.g., some difficulties with my health]. After seeing my doctor, I learned that [give details about diagnosis, treatment, or progress, e.g., I've been diagnosed with X and started treatment Y]. Thankfully, I am [describe how you are feeling, any improvements, or ongoing challenges].

The support from family and friends like you means the world to me. It's been a bit of a journey, but I am staying positive and following my doctor's advice. Your kind messages have truly lifted my spirits during this time.

I wanted to reassure you that I'm in good hands and doing my best to rest and recover. I'll make sure to keep you posted on how things progress. If you have any questions, please don't hesitate to ask—it's always nice to hear from you!

Thank you again for your care and encouragement. I hope to see you soon or at least chat on the phone sometime. Wishing you good health and happiness too.

With warm wishes,

[Your Name]