

Hey Sarah,

I hope this letter finds you in great spirits. I've been meaning to write for ages and finally sat down to do it-there's so much to share!

As you know, the past few months have been a real rollercoaster for me health-wise. It was tough at first-feeling so run down and not being able to do the things I love. But now, I'm genuinely thrilled to tell you things are looking up in a big way.

After starting the treatment and stubbornly sticking to that crazy regime, I've begun to feel like myself again. There were definitely days when I felt like giving up, but every encouraging message from you made such a difference. Thank you for checking in, sending those silly memes, and reminding me of better days ahead-it really helped me push through!

The doctors say I'm making great progress. I'm moving around more easily, and my energy has been coming back bit by bit. Persevering through the tough moments and accepting help (even when it felt awkward) has genuinely taught me a lot. It's reminded me how lucky I am to have friends like you who care and stick around when things get rough.

Of course, I still have some challenging days, but I'm much more hopeful and excited for what's ahead. I've even started planning a little getaway for us once I'm fully back on my feet-just imagine, sunshine and laughter, no hospital gowns in sight!

Anyway, enough about me-how are you doing? I'd love to hear what's going on in your world. Let's catch up soon, either by phone or (fingers crossed) in person sometime next month.

Thank you again for being such an amazing friend. Your support means everything.

With lots of love and gratitude,
Emily