

Dear [Friend's Name],

I hope this letter finds you in good spirits. I've been thinking about you lately and wanted to check in on how you're feeling these days. I know you've been dealing with some ongoing health issues, and I wanted to make sure you know that I care about you and am here for you.

If you feel comfortable sharing, I'd love to hear how things have been going - how you're managing your symptoms, what treatments you might be undergoing, and how you're feeling overall. If there's anything new or any updates, please don't hesitate to let me know. Keeping in touch is important to me, and I want to be able to support you in any way I can while you're on the road to recovery.

Your well-being means a lot to me. Please let me know if there's anything specific that I can do to help, whether it's lending a listening ear, running errands, or just keeping you company. I'm always just a message or a call away.

Looking forward to hearing from you soon. Take good care of yourself!

Warm regards,  
[Your Name]