

Dear [Cousin's Name],

I hope this letter finds you well and in good spirits. It's been a while since we caught up, so I thought I'd take some time to write and let you know how everyone here has been doing, especially concerning our family's health.

First of all, Grandma had her regular check-up last week. The doctor said her blood pressure is finally under control, which is great news. She's still on her morning walks and insists on making her special herbal tea for everyone. Grandpa has been a bit under the weather with his arthritis acting up lately, but he's in good spirits and enjoys your calls whenever you have time.

Mom's recovering well from her recent surgery-she's getting stronger every day and the doctor's quite happy with her progress. Dad's cholesterol was a bit high during his last visit to the clinic, so he's trying hard to stick to healthier meals (though you know how much he misses his fried snacks!).

As for me, I'm doing fine-just keeping busy with work and trying my best to support everyone at home. The whole family sends you their love and misses you a lot. If you ever need any advice about health matters or want to talk, remember I'm always here for you.

How have you been? I'd love to hear all about what's going on with you. Let's try not to let so much time pass before our next chat!

Take care and give my regards to your family.

With love,  
[Your Name]