

# Dear Family,

I hope this message finds you well!

I wanted to reach out and inform everyone that I have been diagnosed with lactose intolerance. As we prepare for our upcoming family gathering, I would appreciate it if we could keep this in mind when planning our meals.

It would be wonderful if we could include some lactose-free options, ensuring that I can enjoy the festivities without any discomfort.

Thank you for your understanding, and I am looking forward to celebrating together!

Warm regards,

[Your Name]