

Dear Family,

I hope this message finds you well. I wanted to take a moment to update you on my emergency contact numbers.

Updated Emergency Contacts:

- **Primary Contact:** John Doe - (123) 456-7890
- **Secondary Contact:** Jane Smith - (987) 654-3210

Please make sure to save these numbers and feel free to reach out if you have any questions.

Thank you for your understanding and support.

Warm regards,

Your Name