Subject: Just Checking In!

Hi [Name],

I hope this email finds you well! I was just thinking about you and wanted to check in to see how things are going on your end. It's been a while since we last caught up!

Let me know if you'd like to grab coffee sometime soon or chat over the phone. I'd love to hear all about what you've been up to.

Take care, and looking forward to hearing from you!

Best, [Your Name]