

```
import os
```

```
from dotenv import load_dotenv
```

```
# Import the OpenAIChat model and the Agent struct
```

```
from swarms import Agent
```

```
from swarm_models import OpenAIChat
```

```
from swarms_memory import ChromaDB
```

```
# Load the environment variables
```

```
load_dotenv()
```

```
# Get the API key from the environment
```

```
api_key = os.environ.get("OPENAI_API_KEY")
```

```
# Initilaize the chromadb client
```

```
chromadb = ChromaDB(
```

```
    metric="cosine",
```

```
    output_dir="scp",
```

```
    docs_folder="artifacts",
```

```
)
```

```
# Initialize the language model
```

```
llm = OpenAIChat(
```

```
    temperature=0.5,
```

```
openai_api_key=api_key,  
max_tokens=1000,  
)
```

```
## Initialize the workflow
```

```
agent = Agent(  
    llm=llm,  
    name="Health and Wellness Blog",  
    system_prompt="Generate a 10,000 word blog on health and wellness.",  
    max_loops=4,  
    autosave=True,  
    dashboard=True,  
    long_term_memory=[chromadb],  
    memory_chunk_size=300,  
)
```

```
# Run the workflow on a task
```

```
agent.run("Generate a 10,000 word blog on health and wellness.")
```