

March 2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------------------------------------|---|---|--|----------|
| 1 | 2 | 3 No Allergy Shots after 2:45PM | 4 No Allergy Shots/Dr. Almand out of office | 5 No Allergy Shots/ Dr Almand out of office | 6 No Allergy Shots/ Dr. Almand out of office | 7 |
| 8 | 9 | 10 No Allergy Shots Surgery day | 11 | 12 | 13 No Allergy Shots CW Surgery Day | 14 |
| 15 | 16 | 17 No Allergy Shot Surgery Day | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 No Allergy Shot Surgery Day | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 No Allergy Shot Surgery Day | | | | |
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Phone: (865)983-4090

Shot hours Monday- Thursday 8AM-11:30AM & 1PM-4:30PM

Fridays only 8AM – 11:30AM

Website: foothillsentahc.com- Click on Allergy /Sinus tab then download link for Allergy Shot Schedule. Schedule is subject to change depending on Dr's Availability. Please be aware and courteous to staff and other patients. If you are sick, running fever or have any other active symptoms please stay home.