

# 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 <del>NO Shots</del> After 4:00 <del>X</del>	19	20	21
22	23	24 No Allergy Shot Surgery Day	25	26	27	28
29	30	31 No Allergy Shot Surgery Day				

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.