

August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4 No Allergy Shots Surgery Day	5	6	7 No Allergy Shots CW Surgery Day	8
9	10	11 No Allergy Shots Surgery Day	12	13	14 OFFICE CLOSED NO ALLERGY SHOTS	15
16	17 No Allergy Shots/Dr. Almand out of office	18 No Allergy shots/Dr. Almand out of office	19 No Allergy Shots/Dr. Almand out of office	20 No Allergy Shots/Dr. Almand out of office	21 No Allergy Shots/Dr. Almand out of office	22
23	24	25 No Allergy Shots Surgery Day	26	27	28 OFFICE CLOSED NO ALLERGY SHOTS	29
30	31					

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.