

# October

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Dr. Almand Surgery Day No Allergy Shots	4
5 No Allergy shots	6 Dr. Almand Out	7 Dr. Almand Out No Allergy Shots	8 Dr. Almand Out No Allergy Shots	9 Dr. Almand Out No Allergy Shots	10 Dr. Almand Out No Allergy Shots	11
12	13	14 Dr Almand Surgery Day No Allergy Shots	15	16	17	18
19	20	21 Dr. Almand Surgery Day No Allergy Shots	22	23	24	25
26	27	28 Dr. Almand Surgery Day No Allergy Shots	29	30	31	

Shot hours Monday-Thursday: 8AM – 11:30AM and 1PM – 4:30PM Fridays only 8AM – 11:30AM. Phone# 865-983-4090 Please call if you have any questions.

WEBSITE: foothillsentahc.com Click the Allergy/Sinus tab, then click Allergy Shots. Download link that says Allergy Shot Hours.

Please be courteous to all staff and other patients. We ask that you do not come in with fever or any other active symptoms of sickness. Thank you for understanding.

PLEASE KNOW THAT ALLERGY SCHEDULE MAY CHANGE ACCORDING TO DOCTORS AVAILABILTY. PLEASE USE OTHER SOURCES TO CHECK SCHEDULE BEFORE COMING.