UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

f Reporting Pers	son*		Name a	nd Ti	alran a					5 D 1	11 05		() (T		
Name and Address of Reporting Person * Rossi Nicola			2. Issuer Name and Ticker or Trading Symbol WYNDHAM HOTELS & RESORTS, INC. [WH]							5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner X Officer (give title below) Other (specify below) Chief Accounting Officer					
(Last) (First) (Middle) WYNDHAM HOTELS & RESORTS, INC., 22 SYLVAN WAY			3. Date of Earliest Transaction (Month/Day/Year) 04/12/2019								Chief	Accounting	Jincer		
PARSIPPANY, NJ 07054				4. If Amendment, Date Original Filed(Month/Day/Year)							6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person				
(State)	(Zip)		Ta	able I	- Non	-Deriva	ative Se	ecurities	Acqui	red, Dispo	osed of, or I	Beneficially (Owned		
1.Title of Security (Instr. 3) 2. Transaction Date (Month/Day/Year)		any		f Code (Instr. 8)		(.			of (D)	Beneficial Reported	ally Owned Following Transaction(s)		Ownership Form:	7. Nature of Indirect Beneficial Ownership	
		(Month/Da	onth/Day/Year)		ode	VA	Amount	(A) or (D)	Price	(Instr. 5 and 4)			or Indirect (Instr	(Instr. 4)	
	04/12/2019			S	(1)	2	2,000		\$ 54	2,383 (2)			D		
										16,284	<u>3)</u>		D		
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Conversion or Exercise (Month/Day/Year) Ex		ate, if Transaction Code		Number of		6. Date Exercisable and Expiration Date (Month/Day/Year)		Amo Und Secu	ount of erlying urities r. 3 and	Derivative Security (Instr. 5)	Derivative Securities Beneficially Owned Following Reported	Ownersl Form of Derivati Security Direct (I or Indire	Beneficia Ownersh (Instr. 4)		
						Date Exercis		Expiration Date	Title	Amount or Number					
	Street) J 07054 (State) separate line for Date	(Street) J 07054 (State) 2. Transaction Date (Month/Day/Year) 04/12/2019 separate line for each class of securing the sec	(Street) 4. If Amend J 07054 (State) 2. Transaction Date (Month/Day/Year) 04/12/2019 2. Transaction Execution I any (Month/Day (Month/Day Table II - Derivative S (e.g., puts, care) (e.g., puts, care) 3. Transaction Date Execution Date, if Transaction any (Month/Day/Year) (Month/Day/Year)	(Street) (Street) (Street) (State) (A. Deemed Execution Date, if any (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (A. Deemed Execution Date, if any (Month/Day/Year) (Month/Day/Year) (A. Deemed Execution Date, if any (Month/Day/Year) (A. Transaction Code (Instr. 8)	(Street) 4. If Amendment, Date of the property of the propert	(Street) 4. If Amendment, Date Origin JO7054 (State) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date, if any (Month/Day/Year) Code 04/12/2019 Separate line for each class of securities beneficially owned directly Table II - Derivative Securities Acquire (e.g., puts, calls, warrants, optonic line) (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) (Month/Day/Year) 3. Transaction Date (Instr. 8) Execution Date, if any (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Instr. 8)	(Street) 4. If Amendment, Date Original Filed (State) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date, if any (Month/Day/Year) (Month/Day/Year) Separate line for each class of securities beneficially owned directly or incompatible (e.g., puts, calls, warrants, options, calls,	(Street) 4. If Amendment, Date Original Filed(Month/D of Date (Month/Day/Year)) 2. Transaction Date (Month/Day/Year) 3. Transaction Date (Instr. 8) Code V Amount Code (Instr. 8) Code V Amount Persons who contained in the form display (e.g., puts, calls, warrants, options, converting the form display (Month/Day/Year) 3. Transaction Date (Execution Date, if (Month/Day/Year)) 3. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Instr. 8) 6. Date Exerciand Execution Date, if Code (Instr. 8) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Instr. 8) (Instr. 8)	(Street) 4. If Amendment, Date Original Filed(Month/Day/Year) 107054 Cate Cate	(State) (State) (State) (Zip) (Zip) (Zip) (Zip) (Zip) (Zip) (Zip) (Zip) (Zip) (A) Gemed Execution Date, if (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or Disposed of (D) (Instr. 3, 4 and 5)	(Street) (Street) (State) (State) (State) (State) (Zip) (Zip) (State) (Zip) (State) (A) Deemed Execution Date, if (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (A) or Disposed of (D) (Instr. 3, 4 and 5) (Instr. 3) (Instr. 3) (Instr. 3) (A) or Disposed of (D) (Instr. 3) (Instr. 3)	Street	Street	Street	

	Relationships					
Reporting Owner Name / Address	Director	10% Owner	Officer	Other		
Rossi Nicola WYNDHAM HOTELS & RESORTS, INC. 22 SYLVAN WAY PARSIPPANY, NJ 07054			Chief Accounting Officer			

Signatures

/s/ Paul F. Cash as Attorney-in-Fact for Nicola Rossi	04/16/2019
**Signature of Reporting Person	Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Sale effectuated pursuant to Rule 10b5-1 plan.
- (2) Shares of common stock as previously reported.
- (3) Restricted stock units as previously reported.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.