FORM 4

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

OMB APPROVAL
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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

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 X Officer (give title below) Other (specify below)				
(Last) (First) (Middle) WYNDHAM HOTELS & RESORTS, INC., 22 SYLVAN WAY			3. Date of Earliest Transaction (Month/Day/Year) 04/30/2019						Chief	Accounting	Jincer	
(Street) 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 PersonForm filed by More than One Reporting Person				
(State)	(Zip)	Т	able I - No	n-Der	ivative S	Securities A	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)					Beneficial Reported	lly Owned Following Transaction(s)		Form: Direct (D)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount (A) or (D)		Price				(I) (Instr. 4)	(mou. 1)
	04/30/2019		S ⁽¹⁾		2,000			383 (2)			D	
								16,284	<u>(3)</u>		D	
1				cont the f	ained ir orm dis	n this forr splays a c of, or Bene	m are currer	not requ ntly valid	ired to res	spond unles	S	1474 (9-02)
ion Date (Month/Day ve	on 3A. Deemed Execution Da any	4. Transaction Code	5. Number of Derivative Securities Acquired (A) or	6. Da and I	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Ti Amo Undo Secu	ount of erlying urities r. 3 and	Derivative Security (Instr. 5)	Derivative Securities Beneficially Owned Following Reported	Owners Form of Derivati Security Direct (or Indirects)	Benefici Ownersh (Instr. 4)
				Date		Expiration Date	Title	or Number of				
i	(First) OTELS & RE AN WAY (Street) NJ 07054 (State) n a separate line :	(First) (Middle) OTELS & RESORTS, AN WAY (Street) NJ 07054 (State) (Zip) 2. Transaction Date (Month/Day/Year) 04/30/2019 Table II - I (ive) 3. Transaction Date (Month/Day/Year) 3. A. Deemed Execution Date (Month/Day/Year) (Month/Day/Year)	WYNDHAM [WH] OTELS & RESORTS, AN WAY (Street) 2. Transaction Date (Month/Day/Year) 04/30/2019 2A. Deemed Execution Date, if any (Month/Day/Year) 04/30/2019 Table II - Derivative Securit (e.g., puts, calls, was any consistent of the consist	WYNDHAM HOTELS [WH] 3. Date of Earliest Transaction 04/30/2019 4. If Amendment, Date Original Properties of Execution Date of Execution Date, if any (Month/Day/Year) 1. Transaction 2. Transaction Date (Instr. 8) 3. Transaction Date (e.g., puts, calls, warrants, or of Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 3. Transaction Date (Instr. 8) 4. Transaction Date (Instr. 8) 5. 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Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number and Expiration Date (Month/Day/Year) (Month/Day/Year) 3. Transaction Date (Reported Transaction) Date (Reported Transaction) Code (Reported Transaction) Contained in this form are not required to respond unless the form displays a currently valid OMB control number and Expiration Date (Month/Day/Year)	WYNDHAM HOTELS & RESORTS, INC. WH Street AN WAY 4. If Amendment, Date Original Filed(Month/Day/Year) O4/30/2019 Table 1 - Non-Derivative Securities Acquired, Officer (give title below) [Instr. 3, 4 and 5) O4/30/2019 Scill O4/30/2019 D5/30/2019 Scill O4/30/2019 D5/30/2019 D6/30/2019 D6/3

Reporting Owners

	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	05/02/2019
**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) Includes 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.