## FORM 4

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

OMB APPROVAL
OMB Number: 3235-0287
Estimated average burden
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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

	pe Response	CD -	*	0.1	1.00		1' ~			5 Deleties	nchin of Dan	orting Dorge	n(c) to Icorre	
1. Name and Address of Reporting Person * CHURCHILL BRUCE			2. Issuer Name and Ticker or Trading Symbol WYNDHAM HOTELS & RESORTS, INC. [WH]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  _X_ Director 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) 06/01/2019										
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						
(City	)	(State)	(Zip)	Ta	ble I - No	n-Deri	ivative S	e Securities Acquired, Disposed of, or Beneficially Owned						
1.Title of Security (Instr. 3)			2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	f Code (Instr. 8)		4. Securities Acqu (A) or Disposed of (Instr. 3, 4 and 5)		of (D)			ollowing	6. Ownership Form: Direct (D) or Indirect	7. Nature of Indirect Beneficial Ownership (Instr. 4)
					Code	V	Amoun	(A) or (D)	Price				(I) (Instr. 4)	
Common	Stock		06/01/2019		A		621 <u>(1</u>	A	\$ 0	3,172 (2	)		D	
Common Stock									3,738 (3)			D		
						conta	ained in	this for	m are	e not requ	ction of inf uired to res	spond unle		1474 (9-02)
				Derivative Securiti e.g., puts, calls, wa				f, or Ben	eficial	-		rol numbe		

### **Reporting Owners**

	Relationships			
Reporting Owner Name / Address	Director	10% Owner	Officer	Other
CHURCHILL BRUCE WYNDHAM HOTELS & RESORTS, INC. 22 SYLVAN WAY PARSIPPANY, NJ 07054	X			

#### **Signatures**

/s/ Paul F. Cash as Attorney-in-Fact for Bruce B. Churchill	06/04/2019
**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) Deferred stock units and accrued dividends issued under the Issuer's 2018 Equity and Incentive Plan upon vesting of previously-granted restricted stock units on June 1, 2019.
- (2) Includes deferred stock units previously reported.
- (3) Includes restricted stock units 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.