# FORM 4

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

OMB APPROVAL
OMB Number: 3235-0287
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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

(Print or Ty	pe Response	s)																	
1. Name and Address of Reporting Person* Rossi Nicola				WY	2. Issuer Name and Ticker or Trading Symbol WYNDHAM HOTELS & RESORTS, INC. [WH]								5	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  Director X Officer (give title below) Other (specify below)  Chief Accounting Officer					
(Last) (First) (Middle) WYNDHAM HOTELS & RESORTS, INC., 22 SYLVAN WAY  (Street)  PARSIPPANY, NJ 07054					3. Date of Earliest Transaction (Month/Day/Year) 06/06/2019							;)			Chief	Accounting	Officer		
				4. If	4. If Amendment, Date Original Filed(Month/Day/Year)							6. Individual or Joint/Group Filing(Check Applicable Line)  Form filed by One Reporting Person  Form filed by More than One Reporting Person							
(City	)	(State)		(Zip)			T	able I	- Non	-De	erivative	Securi	ities A	cquir	ed, Dispo	sed of, or l	Beneficially	Owned	
1.Title of Security (Instr. 3)		Date (Month/Day/Year)		•			Code (Instr. 8)		ion	A. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)				5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)			Ownership Form:	7. Nature of Indirect Beneficial Ownership	
					(Month/Day/Year)		zai)	Coo	le	V	Amount	(A) or Amount (D) Price		ce	or In		Direct (D) or Indirect (I) (Instr. 4)	(Instr. 4)	
Common	Stock		06/06	5/2019				S			1,500	D	\$ 55.4 (1)	618	86 (2)			D	
Common	Stock														14,452	(3)		D	
Reminder:	Report on a s	separate line	ior each	Table II -						Per con the	sons what stained i form dis	no res n this splay	form s a cu	are Irren	not requ tly valid		ormation spond unle trol numbe	ss	1474 (9-02)
		1			(e.g., )						s, conver				Owned				
	2. Conversion or Exercise Price of Derivative Security	(Month/Day		Execution D any		4. Transaction Code (Year) (Instr. 8)		Number		and Expiration Date (Month/Day/Year) Art Ur. Se		Amou Under Secur (Instr.	le and ant of rlying ities . 3 and		9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s (Instr. 4)	Owners Form of Derivati Security Direct ( or Indire	Beneficia Ownershi (Instr. 4)  D) ect		
						Code	V	(A)	(D)	Dat Exc	te ercisable	Expir Date	ation	Title	Amount or Number of Shares				

#### **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	06/10/2019

**Signature of Reporting Person	Date	
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## **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).
- The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$55.4604 to \$55.47, inclusive. The (1) reporting person undertakes to provide to Issuer, any security holder of Issuer or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price.
- (2) Includes shares of common stock previously reported.
- (3) 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.