FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

OMB Number: 3235-0287 Estimated average burden hours per response: 0.5

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

Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan for the purchase or sale of equity securities of the issuer that is intended to satisfy the affirmative defense conditions of Rule

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

10b5-1(c). See I	Instruction 10.			
	ess of Reporting Per pher Haviland		2. Issuer Name and Ticker or Trading Symbol Orion Office REIT Inc. [ONL]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner
(Last) C/O ORION O	(First) PFFICE REIT INC	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 01/16/2024	X Officer (give title below) Other (specify below) See Remarks.
2398 E. CAMELBACK ROAD, SUITE 1060 (Street)			4. If Amendment, Date of 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
PHOENIX (City)	AZ (State)	85016 (Zip)		

Table I - Non-Derivative 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)	3. Transac Code (Ir 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)		5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership	
			Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(Instr. 4)
Common Stock	01/16/2024		L		117.705(1)	A	\$5.3849	97,808.038	D	
Common Stock	04/15/2024		L		385.34(1)	A	\$3.2416	98,193.378	D	
Common Stock	07/15/2024		L		401.405(1)	A	\$3.8962	98,594.783	D	
Common Stock	10/15/2024		L		407.601(1)	A	\$3.9354	99,002.384	D	
Common Stock	11/15/2024		F		190(2)	D	\$3.83(3)	98,812.384	D	

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares]	Transaction(s) (Instr. 4)		

Explanation of Responses:

1. Pertains to de minimus dividend reinvestment transactions.

2. Reflects the product of the applicable withholding rate and the 720 shares of common stock that vested pursuant to the terms of the Reporting Person's restricted stock unit award agreement.

3. Reflects the closing sale price of the Issuer's Common Stock as reported on the New York Stock Exchange on November 15, 2024.

Remarks:

Executive Vice President, Chief Operating Officer

/s/ Paul C.	Hughes,	by	power	С
attorney				

11/19/2024

** Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

 * 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).

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

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 Number.