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## FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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

## 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

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

10% Owner

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

X Director

contract, instruction purchase or sale of e issuer that is intende affirmative defense of	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 10b5-1(c). See Instruction 10.										
1. Name and Address <u>MCDOWELL</u>			2. Issuer Name <b>and</b> Ticker or Trading Symbol Orion Office REIT Inc. [ ONL ]								
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Ye 02/26/2025								

(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 02/26/2025	x	Officer (give title below)	Other (specify below)				
C/O ORION OF					See Remarks.					
2398 E. CAMELBACK ROAD, SUITE 1060			4. If Amendment, Date of Original Filed (Month/Day/Year)		6. Individual or Joint/Group Filing (Check Applicable Line)					
(Street)				X Form filed by One Reporting Person						
PHOENIX AZ 85016					Form filed by More than One	e Reporting Person				
(City)	(State)	(Zip)								

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	 3. Transac Code (Ir 8)			Disposed Of (D) (Instr. 3, 4 and 5)		5. Amount of Securities Beneficially Owned Following Reported		7. Nature of Indirect Beneficial Ownership (Instr. 4)
		Code	v	Amount (A) or (D) Price			Transaction(s) (Instr. 3 and 4)		(1150.4)
Common Stock	02/26/2025	F		23,269(1)	D	<b>\$4.09</b> <sup>(2)</sup>	292,092	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. Transac Code (In 8)		Derivat Securit Acquire or Disp	ivative Expiration Date survities (Month/Day/Year) [ juired (A) Disposed of (Instr. 3, 4		nd 7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect 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. Reflects the product of the applicable withholding rate and the 64,451 shares of common stock that vested pursuant to the terms of the Reporting Person's restricted stock unit award agreement.

2. Reflects the closing sale price of the Issuer's Common Stock as reported on the New York Stock Exchange on February 26, 2025.

## Remarks:

Chief Executive Officer, President

## /s/ Paul C. Hughes, by power of 02/28/2025

attorney \*\* 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.