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).

## 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

Name and Address of Reporting Person*     Brandon Gavin					Orio	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				vner	
(Last)						3. Date of Earliest Transaction (Month/Day/Year) 03/07/2023								X	Officer (g below)		ve title Other (spe below) See Remarks.		specify	
2398 E. CAMELBACK ROAD, SUITE 1060					4. If A	4. If Amendment, Date of Original Filed (Month/Day/Year)									Individual or Joint/Group Filing (Check Applicable Line)     X Form filed by One Reporting Person					
(Street) PHOENIX (City)	AZ (State)	85 (Zij	016 p)											X		,	•	ng Person One Reportin	g Person	
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																				
Date				e nth/Day/Year) if		2A. Deemed Execution Date, if any (Month/Day/Year)					I. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 a			5. Amount of Securities Beneficially Owned Following Reported		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership		
								Code	v	Amount		(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)				(Instr. 4)		
Common Stock 03/0						/07/2023			A		36,424	(1)	A	\$0	55,723			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)	vative Conversion Date Execution irity (Instr. 3) or Exercise (Month/Day/Year) if any		3A. Deemed Execution Diff any (Month/Day/	rate, Transactio					6. Date Exercisable a Expiration Date (Month/Day/Year)		te	7. Title and Am Securities Und Derivative Secu (Instr. 3 and 4)		derlying curity	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)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
Evaluation of Responses:				Code		v	(A)	(D)	Date Exercis	able	Expiration Date	Title		Amount or Number of Shares		Transaction(s) (Instr. 4)				

1. Reflects restricted stock units awarded March 7, 2023, to the Reporting Person pursuant to the Issuer's Equity Plan. Such restricted stock units vest ratably on each of the first, second and third anniversaries of March 7, 2023, subject to the Reporting Person's continued service with the Issuer through such applicable vesting date.

Executive Vice President, Chief Financial Officer and Treasurer

/s/ Justin A. Shuler, by power of attorney

03/09/2023

\*\* 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.