

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

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

☐ 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 10b5-1(c). See Instruction 10.

1. Name and Address of Reporting Person *	2. Issuer Name and Ticker or Trading Symbol	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)
<u>Stilwell Joseph</u>	<u>Wheeler Real Estate Investment Trust, Inc.</u> [<u>WHLR</u>]	☒ Director ☒ 10% Owner
(Last) (First) (Middle)		Officer (give title below) Other (specify below)
<u>200 CALLE DEL SANTO CRISTO</u>	3. Date of Earliest Transaction (Month/Day/Year) <u>09/23/2026</u>	
(Street)	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable Line)
<u>SAN JUAN PR 00901</u>		Form filed by One Reporting Person
(City) (State) (Zip)		☒ Form filed by More than One Reporting Person

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. Transaction Code (Instr. 8)		4. 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)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	09/23/2026		A		184,655 ⁽⁵⁾	A	(5)	184,661	I	See footnote ⁽¹⁾
Common Stock	09/23/2026		A		257,902 ⁽⁶⁾	A	(6)	442,563	I	See footnote ⁽¹⁾
Common Stock	09/23/2026		A		25,516 ⁽⁷⁾	A	(7)	25,516	I	See footnote ⁽²⁾
Common Stock	09/23/2026		A		35,768 ⁽⁸⁾	A	(8)	61,284	I	See footnote ⁽²⁾
Common Stock								1	I	See footnote ⁽³⁾
Common Stock	09/23/2026		A		62,829 ⁽⁹⁾	A	(9)	62,829	I	See footnote ⁽⁴⁾

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 Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V		Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
7.00% Subordinated Convertible Notes due 2031	\$4.85 ⁽¹⁰⁾						(10)	12/31/2031	Common Stock	3,540,501 ⁽¹¹⁾		\$17,158,975	I	See footnote ⁽¹⁾
7.00% Subordinated Convertible Notes due 2031	\$4.85 ⁽¹⁰⁾						(10)	12/31/2031	Common Stock	516,859 ⁽¹¹⁾		\$2,504,950	I	See footnote ⁽²⁾
7.00% Subordinated Convertible Notes due 2031	\$4.85 ⁽¹⁰⁾						(10)	12/31/2031	Common Stock	165,424 ⁽¹¹⁾		\$801,725	I	See footnote ⁽³⁾

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 Transaction(s) (Instr. 4)	10. 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				
7.00% Subordinated Convertible Notes due 2031	\$4.85 ⁽¹⁰⁾							⁽¹⁰⁾	12/31/2031	Common Stock	242,934 ⁽¹⁰⁾ ⁽¹¹⁾		\$1,177,375	I	See footnote ⁽⁴⁾
Series D Cumulative Convertible Preferred Stock	⁽¹²⁾	09/23/2026		D			3,287 ⁽¹³⁾	⁽¹²⁾	⁽¹²⁾	Common Stock	0 ⁽¹²⁾	⁽¹³⁾	134,678	I	See footnote ⁽¹⁾
Series D Cumulative Convertible Preferred Stock	⁽¹²⁾	09/23/2026		D			6,575 ⁽¹⁴⁾	⁽¹²⁾	⁽¹²⁾	Common Stock	0 ⁽¹²⁾	⁽¹⁴⁾	128,103	I	See footnote ⁽¹⁾
Series D Cumulative Convertible Preferred Stock	⁽¹²⁾	09/23/2026		D			491 ⁽¹⁵⁾	⁽¹²⁾	⁽¹²⁾	Common Stock	0 ⁽¹²⁾	⁽¹⁵⁾	19,542	I	See footnote ⁽²⁾
Series D Cumulative Convertible Preferred Stock	⁽¹²⁾	09/23/2026		D			955 ⁽¹⁶⁾	⁽¹²⁾	⁽¹²⁾	Common Stock	0 ⁽¹²⁾	⁽¹⁶⁾	18,587	I	See footnote ⁽²⁾
Series D Cumulative Convertible Preferred Stock	⁽¹²⁾							⁽¹²⁾	⁽¹²⁾	Common Stock	0 ⁽¹²⁾		21,148	I	See footnote ⁽³⁾
Series D Cumulative Convertible Preferred Stock	⁽¹²⁾	09/23/2026		D			3,222 ⁽¹⁷⁾	⁽¹²⁾	⁽¹²⁾	Common Stock	0 ⁽¹²⁾	⁽¹⁷⁾	0	I	See footnote ⁽⁴⁾
Series B Convertible Preferred Stock	⁽¹⁸⁾	09/23/2026		D			24,730 ⁽¹⁹⁾	⁽¹⁸⁾	⁽¹⁸⁾	Common Stock	0 ⁽¹⁸⁾	⁽¹⁹⁾	522,788	I	See footnote ⁽¹⁾
Series B Convertible Preferred Stock	⁽¹⁸⁾	09/23/2026		D			26,603 ⁽²⁰⁾	⁽¹⁸⁾	⁽¹⁸⁾	Common Stock	0 ⁽¹⁸⁾	⁽²⁰⁾	496,185	I	See footnote ⁽¹⁾
Series B Convertible Preferred Stock	⁽¹⁸⁾	09/23/2026		D			3,270 ⁽²¹⁾	⁽¹⁸⁾	⁽¹⁸⁾	Common Stock	0 ⁽¹⁸⁾	⁽²¹⁾	69,113	I	See footnote ⁽²⁾
Series B Convertible Preferred Stock	⁽¹⁸⁾	09/23/2026		D			3,517 ⁽²²⁾	⁽¹⁸⁾	⁽¹⁸⁾	Common Stock	0 ⁽¹⁸⁾	⁽²²⁾	65,596	I	See footnote ⁽²⁾
Series B Convertible Preferred Stock	⁽¹⁸⁾							⁽¹⁸⁾	⁽¹⁸⁾	Common Stock	0 ⁽¹⁸⁾		90,565	I	See footnote ⁽³⁾

1. Name and Address of Reporting Person *

Stilwell Joseph

(Last) (First) (Middle)

200 CALLE DEL SANTO CRISTO

(Street) SAN JUAN PR 00901

(City) (State) (Zip)

1. Name and Address of Reporting Person *

6. On September 23, 2026, the Issuer agreed to issue to SAI 257,902 shares of Common Stock in exchange for 26,603 shares of Series B Preferred Stock and 6,575 shares of Series D Preferred Stock held by SAI (the "Second SAI Exchange"). The Issuer did not receive any cash proceeds in the Second SAI Exchange.
7. On September 23, 2026, the Issuer agreed to issue to SAF 25,516 shares of Common Stock in exchange for 3,270 shares of Series B Preferred Stock and 491 shares of Series D Preferred Stock held by SAF (the "First SAF Exchange"). The Issuer did not receive any cash proceeds in the First SAF Exchange.
8. On September 23, 2026, the Issuer agreed to issue to SAF 35,768 shares of Common Stock in exchange for 3,517 shares of Series B Preferred Stock and 955 shares of Series D Preferred Stock held by SAF (the "Second SAF Exchange"). The Issuer did not receive any cash proceeds in the Second SAF Exchange.
9. On September 23, 2026, the Issuer agreed to issue to SA 62,829 shares of Common Stock in exchange for 3,222 shares of Series D Preferred Stock held by SA (the "SA Exchange"). The Issuer did not receive any cash proceeds in the SA Exchange.
10. The Issuer's 7.00% Subordinated Convertible Notes due 2031 (the "Notes") are convertible, in whole or in part, at any time, at the option of the holders thereof, into shares of Common Stock at a conversion price of \$4.84648 per share (5.158382 common shares for each \$25.00 of principal amount of the Notes being converted).
11. Interest on the Notes may be payable, at the Issuer's election, in cash, in shares of Series B Preferred Stock or in shares of Series D Preferred Stock, in each case as set forth in the Notes. The number of shares of Common Stock indicated in the Table is based on the outstanding principal amount of the Notes held by the Reporting Person.
12. Each share of Series D Preferred Stock is convertible, in whole or in part, at any time, at the option of the holders thereof, into 0.000000000002 shares of Common Stock (a conversion price of \$1,107,800,064,000 per share of Common Stock). Series D Preferred Stock has no expiration date.
13. The preferred stock disposition was pursuant to the First SAI Exchange.
14. The preferred stock disposition was pursuant to the Second SAI Exchange.
15. The preferred stock disposition was pursuant to the First SAF Exchange.
16. The preferred stock disposition was pursuant to the Second SAF Exchange.
17. The preferred stock disposition was pursuant to the SA Exchange.
18. Each share of Series B Preferred Stock is convertible, in whole or in part, at any time, at the option of the holders thereof, into 0.000000000001 shares of Common Stock (a conversion price of \$2,612,736,000,000 per share of Common Stock). Series B Preferred Stock has no expiration date.
19. The preferred stock disposition was pursuant to the First SAI Exchange.
20. The preferred stock disposition was pursuant to the Second SAI Exchange.
21. The preferred stock disposition was pursuant to the First SAF Exchange.
22. The preferred stock disposition was pursuant to the Second SAF Exchange.

<u>/s/ Joseph Stilwell</u>	<u>09/25/2026</u>
<u>/s/ Joseph Stilwell as authorized agent for Stilwell Value LLC</u>	<u>09/25/2026</u>
<u>/s/ Joseph Stilwell as authorized agent for Stilwell Activist Investments, L.P.</u>	<u>09/25/2026</u>
<u>/s/ Joseph Stilwell as authorized agent for Stilwell Activist Fund, L.P.</u>	<u>09/25/2026</u>
<u>/s/ Joseph Stilwell as authorized agent for Stilwell Value Partners VII, L.P.</u>	<u>09/25/2026</u>
<u>/s/ Joseph Stilwell as authorized agent for Stilwell Associates, L.P.</u>	<u>09/25/2026</u>

** 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.

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