



Studio Visual Steps

# Internet and E-mail for SENIORS with Windows 7

*For senior citizens who want to  
start using the Internet*



- *Surf the World Wide Web*
- *Search the Internet effectively to find information*
- *Send and receive e-mails*
- *Contact other Internet users*
- *Download free software from the Internet*
- *Protect your computer from spyware and viruses*

Offers  
Bonus Online  
Chapters at the  
website that  
accompanies  
the book

 **Visual Steps**<sup>TM</sup>  
[www.visualsteps.com](http://www.visualsteps.com)

Accompanying support website:  
[www.visualsteps.com/internet7](http://www.visualsteps.com/internet7)