



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**TM
www.visualsteps.com

Accompanying support website:
www.visualsteps.com/internet7